



Served
with
Love

with
Chef Jared

Ingredient List & Recipe

Episode 4 | 6/17/2020

Pulled Pork Sandwiches with Sharp Provolone and Broccoli Rabe

Braised Pork Ingredients

- 5 lbs. boneless Boston butt or pork shoulder
- 1 sprig rosemary
- 2 tbsp. Adobo
- 6-8 garlic cloves
- 1 qt. chicken stock - see recipe
- 6 cloves garlic – crushed whole in skin 4 small shallots - use skin and ends/core
- 10 sprigs fresh thyme
- 10 sprigs fresh parsley
- 5 sprigs fresh sage
- 2 bay leaves – fresh where possible
- 12 black peppercorns
- 2 gallons cold water
- Pinch crushed red pepper (optional)

Braised Pork Recipe

Choose the right equipment – dutch ovens work best for this recipe – the dutch oven must have a lid and be large enough to fit the pork shoulder and stock with the lid fitting snugly. If you do not have a dutch oven you can use a combination of a large skillet and deep roasting pan or crock pot*

1. Preheat your oven to 325 degrees F.
2. Prep your pork shoulder – put the adobo spice blend into a small cup or container. Some pork shoulders will have a natural cavity from where the bone was removed. If there is no cavity, use a boning or paring knife to cut a pocket into the face of the pork shoulder deep enough to hold the aromatics (garlic, rosemary & bay leaf). Once you've identified the cavity or cut a pocket into the shoulder, place it on your cutting board with the fat cap up. Use your knife to cut horizontal slits into the fat cap going only deep enough to penetrate the fat

- but not the meat underneath. The slits should be about an inch apart and run across the length of the fat cap. Turn the pork shoulder one quarter turn and cut slits diagonally going the other direction making a criss-cross pattern across the entire top of the fat cap. When slitting the fat cap is complete, liberally season the entire pork shoulder with the adobo spice rub including inside the cavity or pocket. Then insert the garlic, rosemary and bay leaf into the cavity or pocket.
3. While prepping your pork heat the dutch oven over high heat. When the dutch oven is good and hot (at least 2 minutes on high heat), gently place the pork shoulder, fat side down in the center of the dutch oven to start the searing process. You do not need to add any oil to the pan. The searing action will render pork fat directly from the fat cap, you will not need additional oil.

4. After about 4 minutes start turning the pork shoulder to sear and brown the other sides. Brown each side for about 3 minutes before turning.
 5. When all sides have been seared, turn off the heat and add the chicken stock. Put the lid on the dutch oven and place it in the oven to finish the braise.
 6. After about 2.5 to three hours, check for doneness. It should be fork tender and look to fall apart when prodded. Remove the pork and any meat parts from the dutch oven and place in a shallow roasting pan or casserole dish. Pour the braising liquid through a fine mesh strainer to remove any solids in the liquid and discard the solids. Reserve the strained liquid and refrigerate.
 7. After the pork cools it can be pulled apart by hand or with 2 forks. The shredded pork can be used for sandwiches, pasta dishes, stews and stuffing. Remove any obvious chunks of fat while pulling.
 8. After the reserved liquid has cooled below 40 degrees the fat cap can be removed and discarded. The remaining rendered jus is like liquid gold that can be used to protect and flavor the pork when reheating. The pork will last up to 7 days under refrigeration or 2 months in the freezer. The same applies to the rendered pork jus.
- *If using a skillet and deep roasting pan follow steps 3-6 using the skillet then transfer the pork to the roasting pan with the chicken stock and place it in the oven for the remainder of the cooking time. The roasting pan needs a lid. If no lid, cover with aluminum foil and follow the rest of the procedure. If using a crock pot follow steps 3-6 using the skillet. While searing the pork, turn your crock pot on high. When the searing is complete transfer the pork to the crock pot with chicken stock and cover. It will take about 6 hours of cook time to get the proper tenderness in the crock pot. Yield 6-8 Servings

Sauteed Broccoli Rabe Ingredients

- 2 bunches broccoli-rabe
- 1 tbsp. garlic infused oil
- Pinch crushed red pepper (optional)
- Salt and pepper to taste

Sauteed Broccoli Rabe Recipe

1. Bring 8 quarts of water to a boil in a 12 quart sauce or stock pot.
 2. Trim the bottom 2 inches off the broccoli-rabe stems and discard then wash the broccoli-rabe in lots of clean, cold water.
 3. When the water comes up to a boil, drop the washed broccoli-rabe into the boiling water and gently agitate to make sure it is fully covered to ensure even blanching.
 4. While the broccoli-rabe is blanching, heat a large skillet over medium high heat.
 5. After the broccoli-rabe has been blanching for 1 minute, add the infused olive oil to the skillet and using a colander strain the water to remove the broccoli-rabe. Quickly and carefully add the broccoli-rabe to the hot skillet. The water will splatter and pop when hitting the hot oil so be prepared. Season with salt, pepper and a pinch of crushed red pepper.
 6. Sauté for 2-3 minutes more or until the broccoli-rabe is tender but still bright green and not overcooked.
 7. Taste and re-season if necessary.
 8. This can be served as a sandwich topper, a salad ingredient or a side item. Can be stored under refrigeration for 3-5 days.
- Yield 6 servings for Sandwiches, 4 servings as Side Dish

Pulled Pork Sandwich Ingredients

- 3-4 pounds braised pork shoulder - see recipe
- 2 cups reserved jus – see recipe
- ½ lb. Sharp provolone cheese - sliced
- 2 bunches sautéed broccoli-rabe - see recipe
- 6 crusty rolls (preferably sesame seeded)

Pulled Pork Sandwich Recipe

1. Preheat oven to 400 degrees – if using previously cooked and chilled broccoli-rabe. If using freshly sautéed broccoli-rabe disregard step 3.
2. In a small skillet add pork and jus. Cover and turn on medium heat.
3. Place broccoli-rabe on an oven-ready sheet tray and cook in the oven for 2 minutes. This is just to heat it back up. When finished set aside until you assemble the sandwiches.
4. Slice the crusty rolls through one side only leaving a hinge so the roll is still in one piece, not 2.
5. Layer the sharp provolone on the bottom of the roll.
6. When the pork is heated through, fill the roll with pork and jus – use as much or as little jus as you like – the more jus, the wetter the sandwich will be.
7. Top the sandwiches with broccoli-rabe, cut in half if you like and serve immediately.
8. Note: If you like a spicier sandwich try it with pickled cherry peppers or roasted long hot peppers.

Yield 6 sandwiches