

Braised Pork with Red Wine

By Mark Bittman

INGREDIENTS

2-1/2 pound pork shoulder, cut into large chunks
Salt and pepper
2 cups fruity red wine, like Beaujolais or Burgundy (pinot noir)
1 cup good stock or water
1 pound fat carrots, peeled and cut into large chunks
10 cloves garlic, more or less, peeled
2 tablespoons butter
Cooked egg noodles for serving
Chopped fresh parsley leaves for garnish

PREPARATION

Step 1 Combine pork, salt and pepper to taste, wine, stock, carrots and garlic in a saucepan, Dutch oven or slow cooker. Bring to a boil, then adjust heat so that mixture simmers steadily but not vigorously. (If using a slow cooker, just turn it to "high" and let cook for at least three hours.)

Step 2 Cook, stirring every half-hour or so, until meat is very tender and just about falling apart, at least an hour and most likely a bit longer. Use a slotted spoon to remove solid ingredients to a bowl, then turn heat to high. (If using a slow cooker, transfer liquid to a saucepan for this step.) Reduce to about a cup, or even less. Taste and adjust seasoning, then lower heat and stir in butter.

Step 3 Add solids to sauce and reheat. Serve over egg noodles, garnished with parsley.

