



FARM FRESH IN OCTOBER

SMOTHERED VINEGAR PORK SHOULDER WITH APPLES & KALE

INGREDIENTS:

4 Tbsp olive oil
1 1/2 lb boneless pork shoulder
1/2 tsp sea salt
1/4 tsp ground black pepper
2 1/2 cups sliced onion
1/2 cup chicken broth
1/4 cup rice vinegar
1/2 tsp ground cumin
1/2 tsp ground allspice

2 cloves garlic, finely chopped
5 cups chopped farm fresh kale
1 tsp olive oil
2 fresh apples,
cut into 1/2-inch wedges
2 Tbsp cider vinegar
1 tsp brown sugar



INSTRUCTIONS:

1. Preheat oven to 325°F.
2. Heat a Dutch oven over medium-high heat. Drizzle 2 Tbsp olive oil in pan. Season pork with salt and pepper, add pork to pan. Cook 7 minutes, turning to brown on all sides. Remove pork from pan; keep warm.
3. Add 1 Tbsp olive oil to Dutch oven; swirl to coat. Add onion, cook 5 minutes or until onion begins to brown. Add chicken broth, rice vinegar, cumin, allspice and garlic; bring to a boil, scraping pan to loosen browned bits. Return pork to pan. Cover and bake for 1 1/2 hours. Add kale, cover and bake for 30 minutes.
4. Heat a large skillet over medium-high heat. Drizzle 1 Tbsp olive oil. Add apples, cook 3 minutes or until starting to soften. Add vinegar and brown sugar; cook 1 minute or until sugar dissolves and liquid almost evaporates. Serve apples with pork and kale mixture. Enjoy!



Serves 4