

Comfort food ~ Our favorite Pork Roast

Ingredients:

Boston butt roast
potatoes
carrots
vidalia onion
whole head of garlic
Pink Himalayan salt
pepper
4 TBSP olive oil
white wine

Directions:

1. Peel and thinly slice your sweet onions and then peel your garlic cloves. I use an entire head of garlic because we enjoy the flavor, but you can use less if it is not a flavor you enjoy. For the carrots and potatoes, only use what you know your family will enjoy. I use six carrots and six medium size potatoes for our family of five. I leave most of the peel on my potatoes (they have a great flavor) and cut them into eighths, then peel the carrots and slice. While all of your veggies are laying on the cutting board, sprinkle Kosher salt and freshly ground black pepper on them.

2. Add the olive oil to your cast iron Dutch oven and heat on medium heat. Salt and pepper your pork roast and add to the pot, browning on both sides. When you flip it over, add the onions and garlic to saute in the olive oil with the pork. Remove from heat and trim your thick layers of fat. I always find it a bit easier after the fat has cooked a little. Take your carrots and potatoes and add to the Dutch oven and mix well in the olive oil and with the onions and garlic.

3. Add your roast back to the pot and arrange your veggies around it, then splash a bit of white wine (about a 1/2 cup) over it. I used a Riesling with just a touch of sweetness. FYI: for white meat use white wine.

Cover the pot and roast in the oven at 350 for 2-3 hours, or until juices run clear.

4. You can serve your roast strait from the pot, or you can place it on a platter with the veggies. The meat and your veggies will be so tender after roasting in the wine and juices from the meat. The flavor is absolutely scrumptious!