

TAILS & TROTTERS

Slow-Cooked Pork Roast with Spanish Paprika & Sweet Spices

Time: overnight prep, 3-4 hours

Serves: 4-6

This simple preparation works for any skin-on T&T roast - shoulder, leg or loin. Serve with sauteed garlicky greens, stewed white beans, or simple mashed potatoes.

3-4lb Pork Roast, skin-on

*2 bay leaves
8 cardamom pods
2 star anise
2 tbsp coriander seeds
1 tsp toasted cumin seeds
1 1/2 tsp ground fennel
1/4 cup olive oil
1 tbsp pimenton (smoked Spanish paprika)
2 tsp ground pepper
5 cloves garlic, minced into a paste
1 tbsp brown sugar
1 tbsp kosher salt*

1. In a coffee grinder, process bay leaves, cardamom & star anise until finely ground (you may have to grind in batches) and place in a small bowl with ground fennel. Grind coriander & cumin until finely ground and add to bowl. Mix in olive oil, pimenton, pepper, garlic, brown sugar & salt, mixing well to create a paste.
2. Score the skin with a sharp knife in 1/2-inch intervals. Rub the paste evenly on the meat. Cover & let sit in the refrigerator for at least 4 hours (preferably overnight).
3. Heat oven to 450°F. Scrape off the excess spice rub & put pork on a rack in a large roasting pan, skin side up. Roast for 30 minutes. Cover the pan with foil then turn oven down to 300°F, and cook for 3 hours. Add a bit of water in the bottom of the roasting pan if there is no liquid, to keep the roast from drying out. Check after 3 hours: the pork should be fork tender & very moist when done. If using a loin roast, cook until the internal temperature at the thickest part reads 135°; if cooking a leg roast, cook until the internal temperature at the thickest part reads 160°.
4. If roast has skin, slide the pan under the broiler for 3-5 minutes until the skin is crispy. If roast does not have skin, remove from oven & allow to rest for 10 minutes before slicing or pulling apart.

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