

# BRAISED BBQ PORK

## BBQ SAUCE

- 3 c. ketchup
- 2 tbsp. dijon mustard
- 2 tbsp. molasses
- $\frac{3}{4}$  c. soy sauce
- $\frac{1}{2}$  c. sherry vinegar
- $\frac{1}{4}$  c. honey
- mix together above, set aside
- 1 tbsp. fennel seed
- 3 tbsp. black pepper corns
- 1 bay leaf
- toast in pan over low heat until slightly browned; grind in coffee grinder or mortar & pestle, mix with wet ingredients.
- 1 tbsp. granulated garlic
- 1 tbsp. granulated onion
- 1 tbsp. chili powder
- 1 tbsp. smoked paprika

● **PORK:** Cut 2-3 lbs. pork shoulder into cubes, fat and all. Season liberally with salt/pepper, granulated garlic, chili powder, cumin, coriander. Sear pork on all sides and combine with braising liquid. Bring liquid to a boil with pork, then cover and put into 350° oven for about 1.5 hours or until tender. ● Remove from oven, lightly shred and cover with BBQ sauce. ● **POLENTA** Combine all ingredients in saucepan and bring to a boil. Reduce heat and simmer stirring constantly until the polenta starts to pull away from the pan. When desired consistency is reached, remove from heat and serve immediately. Too creamy? Add a pinch more cornmeal to thicken. Too thick? Add more stock to thin. ● Place pork on top of creamy polenta. ● **Serves 4-6.**

## BRAISING LIQUID

- 1 c. dijon mustard
- 1 c. tomato paste
- $\frac{1}{2}$  c. sherry vinegar
- 2 bay leaves
- 5 garlic cloves
- 1 btl. yellow mustard
- salt, pepper, cumin, coriander to season
- Water (to cover pork; save remaining liquid for soups; it's delicious)

## CREAMY POLENTA

- 16 oz. heavy cream
- 16 oz. corn stock
- 4 c. andouille sausage (chopped)
- 8 oz. cheddar cheese
- 1 c. corn meal
- S&P to taste
- chopped parsley to taste



essence  
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