

Crown Roast of Pork with Apple & Roasted Shallot Pan Gravy

Author: Stan Glenn & Chris Brill, Iowa Meat Farms & Siesel's Meats, San Diego

Carolyn T's
Main Cookbook
Servings: 10



10 pounds pork center loin chops, racks, crown roast

3 tablespoons olive oil

1 teaspoon granulated garlic

1 tablespoon thyme, crushed

Salt & pepper to taste

2 whole carrots, chopped

1 large onion, chopped

2 stalks celery, chopped

PAN GRAVY:

3/4 cup flour

4 cups chicken broth, or beef broth, low sodium if possible

2 cups apple juice

1 sprig fresh thyme

1/3 cup granulated sugar

1/3 cup cider vinegar

1/2 cup shallots (roasted and sliced)

CARAMELIZED APPLES:

5 whole apples, peeled, cored, chopped (Granny Smith)

2 tablespoons unsalted butter

1/4 cup granulated sugar

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

Your Text Here

Per Serving (excluding unknown items): 907 Calories; 50g Fat (50.2% calories from fat); 71g Protein; 40g Carbohydrate; 3g Dietary Fiber; 231mg Cholesterol; 523mg Sodium. Exchanges: 1/2 Grain(Starch); 10 Lean Meat; 1 Vegetable; 1 Fruit; 4 Fat; 1 Other Carbohydrates.

1. PORK ROAST: Preheat oven to 400.

2. Rub the roast with some olive oil, then season it with salt, pepper, garlic and thyme. If the roast is not already positioned as a crown roast, you'll need to tie two racks together, carefully in a circle, and tie firmly (meat will shrink during baking) to keep it standing upright. Place in a rimmed roasting pan. Cover the exposed ribs with foil so they don't burn.

3. Place roast in the center of the oven and roast for 20 minutes until it's golden brown.

4. Reduce the oven temp to 350 and cook to an internal temp of 140 (about 1 1/2 hours or longer). (If the roast is stuffed, cook to an internal temp of 155.) Add the vegetables to the pan during the last 30 minutes of baking. Remove from the oven and transfer meat to a cutting board or serving platter. (Do not throw out the pan drippings.) Cover loosely with foil and allow it to rest for 20 minutes.

5. CARAMELIZED APPLES: While the roast is cooking, you can prepare the apples. In a large saute pan melt the butter and add the apple cubes. Stir and cook for about 8-10 minutes until the apples have begun to cook through. Add the sugar and continue cooking until the apples have just begun to caramelize and reach a golden brown color. It's not necessary to cook them until they're mush - you want them to still have some shape and texture.

6. GRAVY: Pour off all but 1/2 cup of the pan drippings and add that to a large frying pan. Add the roasted vegetables too (although they are strained out later.) Sprinkle in the flour (to form a roux) and cook over medium heat for about 2 minutes until the mixture has thickened and bubbles. Add the chicken stock and apple juice to the pan and whisk to incorporate the roux. Allow the gravy to simmer for about 10-15 minutes. Strain the pan gravy through a sieve (to remove the vegetables and any lumps). To that same pan add the sugar. Allow it to caramelize, then add the vinegar. Simmer for a few minutes to dissolve the sugar, then add the strained pan gravy to it. Simmer it for 5-10 minutes, then add the apples and shallots. Serve hot.