

Pork Roast with Apples and Cider Sauce

Serves 4

Total Time: 1 Hour 30 Minutes

Ingredients

2 tablespoons vegetable or olive oil
1 pork roast (about 2 lbs)
Salt and freshly ground black pepper
1 large onion, quartered
2 carrots, hearty rounds
2 stalks celery, hearty slices
3 cloves garlic, diced
3 sprigs fresh thyme
3 sprigs fresh rosemary
4 tablespoons unsalted butter
2 Cortland apples peeled, cored, and cut into slices
2 tablespoons apple cider vinegar
1 cup fresh pressed unpasteurized apple cider
2 tablespoons whole grain mustard (substitute other mustard if desired)

Steps

1. Preheat the oven to 375 degrees F.
2. In a large Dutch oven or heavy skillet heat the oil to high but be careful to not let it smoke.
3. Pat dry the roast. (Key to the success of the next step.) Cover the pork roast with salt and pepper – be generous, as this step is your chance to season the roast.
4. Brown the roast on each side until you have created a sear on all the sides, which will take 2 to 4 minutes depending on the heat level. You should have a sear on each side. Then move the roast to a plate and set it aside to rest.
5. In the same Dutch oven, add the onion, carrot, celery, garlic, herbs, and 2 tablespoons of the butter. Brown the mixture over medium heat for 7-9 minutes. Make sure to stir them occasionally. Add the sliced apples to the mixture and stir them to coat them in the pan drippings. Push the apple-vegetable mix to the outside of the Dutch oven, and then add the roast and any juices on the plate back into the center of the Dutch oven. Put the Dutch oven into the preheated oven and cook for 30-40 minutes until a thermometer reads 140 degrees F. If you prefer your pork roast less pink (but drier) you can cook until the thermometer reads 160 degrees F.
6. Once done, move the roast to a cutting board or dish and tent it with foil. Move the apple-vegetable mixture to a serving dish, or serve on the same platter with the roast, if your platter is large enough.
7. Move the Dutch oven back to high heat and deglaze the pan with the apple cider vinegar. If you do not have apple cider vinegar, you can deglaze it with some additional cider. After a few minutes the liquid will be reduced by half. Add the cider and reduce it by half again. Remove from the heat and add the mustard and 2T butter. Season to taste.
8. Serve the roast over the apple-vegetable mixture. Cover the roast with the cider sauce or serve it on the side.