Pork and White Bean Mustard Hotdish

One 8×12 in (20×30 cm) dish, at least 3 qt/2.8 L;4 substantial pork-and-bean portions · Active 40 min · Total 3 hr 10 min

Ingredients

- 1 lb 5 oz boneless pork shoulder, trimmed and cut in 3/4-in/2-cm pieces (600 g prepared)
- 1 tablespoon neutral oil (15 ml)
- 1 large onion, chopped (200 g)
- 2 medium carrots, cut in 1/2-in/1-cm dice (150 g prepared)
- 2 celery stalks, chopped (100 g)
- 2 garlic cloves, finely chopped (6 g)
- 2 tablespoons all-purpose flour (18 g)
- 2 1/2 cups low-sodium chicken stock (600 ml)
- Up to 1/2 cup hot water (120 ml), only if needed during braising
- 1 teaspoon dried thyme
- 1/4 teaspoon fine salt (1.5 g)
- 1/4 teaspoon black pepper
- 2 cans white beans, drained and rinsed (1 lb 1 oz/480 g drained total)
- 2 tablespoons whole-grain mustard (30 g)

Set out

Oven, Heavy covered saucepan or Dutch oven, at least 4 qt/3.8 L, 8×12 in (20×30 cm) baking dish, at least 3 qt/2.8 L, Clean plate, Whisk, Rimmed baking sheet, Food thermometer

Allergens

Wheat, Mustard, Celery; check stock labels. Check labels and substitutions.

Make it

1. Heat oil in the heavy pot over medium-high heat. Brown pork in two batches,4–5 minutes each, turning. Transfer each batch to a clean plate. Lower heat and cook onion, carrot and celery 8–10 minutes until softened. Add garlic 30 seconds.

2. Stir in flour 1 minute, then gradually stir in stock. Return pork and its juices and add thyme, salt and pepper. Bring to a gentle simmer, cover and cook 75–100 minutes, stirring occasionally, until pork is fork-tender. Add a little of the listed hot-water reserve only if the pan is drying. Keep the simmer gentle rather than boiling hard.

3. Near the end, heat oven to 400°F (205°C) and put the baking dish on a rimmed sheet. Stir beans and mustard into tender pork. Simmer 5 minutes; the sauce should lightly coat the ingredients. If too loose, reduce uncovered briefly before transferring.

4. Spread hot mixture in the dish and bake 20–25 minutes until edges color and the center and several other spots reach 165°F (74°C).

5. Rest 5 minutes and serve four portions.

Plan for the fork test

The longer simmer range is an estimate rather than a deadline. Make this on a day when another twenty minutes will not derail supper, and keep checking liquid and tenderness together.

A useful detail

The 190-minute total includes trimming and chopping, two browning batches, up to 100 minutes gentle braising, sauce adjustment, the oven finish and rest. Shoulder tenderness can require longer; allow extra time rather than replacing it with a lean cut and the same method.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F (32°C), at 40°F (4°C) or below. Use within 3 days or an earlier ingredient deadline. Reheat to 165°F (74°C), loosening gravy with a little water if needed. Freeze promptly cooled portions for up to 2 months for quality; thaw in the refrigerator.