# Pork and Red Cabbage Cider Braise

6 portions of pork and cabbage · Active 45 min · Total 3 hr 45 min

Skills: Confident beginner

## Ingredients

• 2 lb boneless pork shoulder, excess hard fat trimmed and cut into 1 1/2-inch (4 cm) chunks (900 g prepared weight)

• 1 tablespoon olive oil (15 ml)

• 1 large onion, sliced (200 g)

• 1 1/2 lb red cabbage, core removed and finely shredded (650 g prepared weight)

• 1 cup unsweetened apple juice or nonalcoholic apple cider (240 ml)

• 1 cup low-sodium chicken stock (240 ml)

• 2 tablespoons cider vinegar (30 ml)

• 1 teaspoon caraway seeds (2 g)

• 2 bay leaves

• 1 teaspoon fine salt (6 g)

• 1/2 teaspoon black pepper (1 g)

## Set out

5-quart (5-liter) oven-safe Dutch oven with tight lid, Tongs, Instant-read thermometer, Six shallow storage containers

## Allergens

Check stock for wheat, milk, soy or other allergens. Check labels and substitutions.

## A useful detail

The braise may need the full 2 1/2 hours in the oven. Do not turn up the heat sharply to meet a departure time; choose a day when the pot can finish properly.

## Make it

**1.** Heat the oven to 325°F/160°C. Pat the pork dry and season with the salt and pepper.

**2.** Heat the oil in the Dutch oven over medium-high heat. Brown the pork in three batches for about 5 minutes per batch, turning to color two or three sides. Transfer each batch to a plate.

**3.** Reduce the heat to medium. Cook the onion for 5–6 minutes. Add the cabbage in two batches, stirring for 4–5 minutes until it begins to wilt.

**4.** Pour in the apple juice, stock and vinegar, scraping the base with a wooden spoon. Add the caraway, bay leaves, pork and any juices. Bring just to a simmer, cover tightly and transfer to the oven.

**5.** Braise for 2–2 1/2 hours, checking after 90 minutes and adding a little hot water if the base is drying. The pork must exceed 145°F/63°C and then continue cooking until genuinely fork-tender; tenderness, not the minimum temperature alone, is the goal of this braise.

**6.** Remove the bay leaves. Let stand for 5 minutes. Serve, or divide the pork, cabbage and juices among shallow containers and refrigerate promptly.

## Label portions by the original cooking day

Write the cooking date before the containers enter the refrigerator or freezer. Moving a portion between containers does not restart its refrigerated storage time.

## Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Freeze remaining portions for up to 3 months and thaw in the refrigerator. Reheat covered with the juices until every portion reaches 165°F/74°C. Transport chilled with two cold sources and refrigerate at work, or use verified hot-holding equipment at 140°F/60°C or above.