

Italian Milk-Braised Pork Roast

with porcini mushrooms

If you like pork, get ready to fall in love with this dish. The ingredients are simple, but the flavor is complex.

Makes 8 servings

Preparation time: 20 minutes

Cooking time: 2 hours (low)

HEAT:

- 1 Tbsp. unsalted butter
- 1 Tbsp. olive oil
- 1 pork loin roast (3-4 lb.), seasoned with salt and black pepper
- 1 Tbsp. minced fresh garlic

DEGLAZE:

- 1/2 cup dry white wine
- 1 1/2 cups whole milk
- 1/2 cup heavy cream
- 1 oz. dried porcini mushrooms, chopped
- 1 tsp. anchovy paste
- 1/4 tsp. red pepper flakes
- Minced zest of 1 lemon
- 2 sprigs each fresh rosemary and sage, tied with kitchen string

Heat butter and oil in a large skillet over medium-high until butter melts. Add pork, fat side down, and sear until brown, 3-4 minutes. Brown pork on all sides, about 5 minutes more; transfer to a 4- to 6-qt. slow cooker. Add garlic to skillet; cook 30 seconds.

Deglaze skillet with wine, scraping up any brown bits. Add milk, cream, porcini, anchovy paste, pepper flakes, and zest; simmer 3 minutes. Pour milk mixture around pork in slow cooker; submerge rosemary and sage. Cover slow cooker and cook pork until an instant-read thermometer inserted into the thickest part registers 145° on low setting, 2 hours. Transfer pork to a platter and tent with foil to keep warm. Discard rosemary and sage.

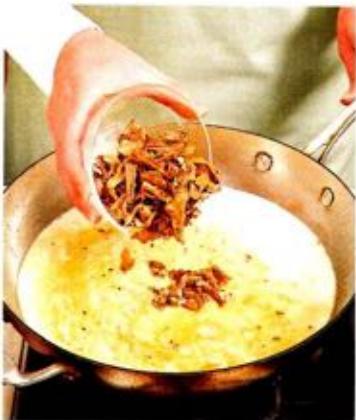
Purée sauce in slow cooker with a handheld blender until smooth; season with salt and black pepper.

Slice pork and serve with sauce.

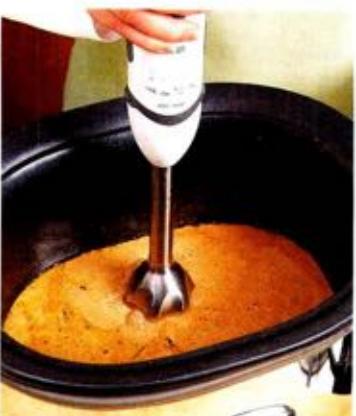
Per serving: 378 cal; 16g total fat (7g sat); 155mg chol; 190mg sodium; 5g carb; 1g fiber; 48g protein



Because pork loin is so lean, leave the fat on it to keep it from drying out as it slow-cooks.



Adding porcini mushrooms to the sauce mixture intensifies the flavor and adds color.



For ease, purée the sauce and mushrooms with a handheld blender right in the slow cooker.



Lemony Polenta

Soft and naturally creamy, this polenta is the ultimate side dish to serve with the rich pork and sauce.

Makes 8 servings (4 cups)

Total time: 15 minutes

BOIL:

- 2 cups low-sodium chicken broth
- 2 cups buttermilk
- 1 cup yellow cornmeal

STIR IN:

- 1/4 cup grated Parmesan
- 2 Tbsp. unsalted butter
- 1 Tbsp. minced lemon zest
- Salt and black pepper to taste

Boil broth and buttermilk in a saucepan over medium heat. Whisk in cornmeal, reduce heat to low, and cook, whisking constantly, 5 minutes; remove from heat.

Stir in Parmesan, butter, and zest; season with salt and pepper.

Per serving: 156 cal; 5g total fat (3g sat); 16mg chol; 142mg sodium; 20g carb; 1g fiber; 6g protein