



Beau's Lugtread braised Pickle Patch pork shoulder with zucchini, tomato & barley berry salad & garlic Focaccia

Recipe - Bruce Wood Culinary Consulting
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A great recipe for a crowd. If you have access to a smoker, the pork will take on a whole different level of flavour. Save all the bones, skin etc. for making a stock.

8-10 servings as a main course

For the brine:

1 x 600 ml. bottle **Beau's Lugtread or Golden Vox**
1 head garlic, split
2 branches fresh rosemary
2 branches fresh thyme

8 juniper berries
1 tbsp. whole black peppercorns
3 tbsp. sea salt
2 cups ice cubes

1 fresh **Pickle Patch pork shoulder**, bone in

Bring all ingredients (except the ice) for the brine to a boil. Remove from the heat, add the ice & refrigerate until completely cooled.

Place the pork in a clean container. Using a BBQ brine injector (available at Canadian Tire) inject the shoulder all over with the brine pouring any remaining brine over the top.

Brine the pork for 24 hours (refrigerated) turning once.

To cook the pork:

1 T. ground black pepper
2 tsp. dry oregano
2 tsp. smoked paprika
1T. kosher salt
1T. dried rosemary

1T. dried thyme
¼ cup vegetable oil
One onion, carrot, head garlic split and 3 ribs celery all cut in 1" pieces
One bottle **Beau's Lugtread**

Pre heat the oven to 300 degrees F.

Remove the shoulder from the brine. Rinse the shoulder well under cold water.

Rub the shoulder all over with the oil, then the spice mixture.

Place the vegetables in a roasting pan large enough to hold the shoulder flat, pour in the beer. Cover with parchment, then foil.

Place the pork in the oven. Poach for 3 hours. Remove from the oven.

Cool the pork, remove from the poaching liquid, and place in a bowl. When the pork has cooled slightly, pull all the meat from the bone. Place all the skin, bones etc. in a stockpot with 2 liters water & the strained poaching liquid and simmer for 2 hours. Strain, refrigerate and freeze. This stock makes beautiful soups.

N.B. If you have a smoker, cold smoke it (rubbed) for 2 hours and then poach it.

To serve the pork:

1/4 cup good, smoky BBQ sauce
2 T. beer

1/4 cup of the cooking liquid
4 cups of the shredded pork

Place all ingredients in a saucepan and heat through.

For the focaccia: (makes two 9" focaccia)

6 1/2 cups all-purpose white **Homestead Organics** flour, plus extra for dusting
2 tsp. instant yeast
1 T salt

1T honey
2 cups warm water
1/4 cup **Koru beer**, at room temperature
2 tablespoons olive oil plus extra for the pan

In a large bowl, combine the flour, yeast, salt, and sugar and mix well. Make a well in the center of the dry ingredients and add the warm water, wine, and olive oil. Using a wooden spoon, stir the wet ingredients into the dry until the mixture is too stiff to stir, then mix with your hands in the bowl until the dough comes together and pulls away from the sides of the bowl.

Lightly dust a work surface with flour and turn the dough out. Knead gently, dusting the work surface lightly with more flour as necessary, for 5 minutes, or until the dough is smooth, elastic, and only slightly sticky.

Oil a large clean bowl, add the dough, and turn to coat. Cover the bowl with plastic wrap or a kitchen towel, set in a warm part of the kitchen, and let the dough rise until doubled in size, about 1 hour.

Liberally grease a 9-inch round metal cake pan. Roll out dough to a 9 inch round pat into pan. Cover with plastic wrap; let rise until doubled in bulk, 30 minutes.

Pre heat oven to 450 degrees.

Using your fingertips, dimple the dough all over. Brush with oil; sprinkle with coarse sea salt. Bake in centre of oven until golden brown, 30 to 40 minutes. Using a wide spatula, remove the focaccia from the pan.

For the salad:

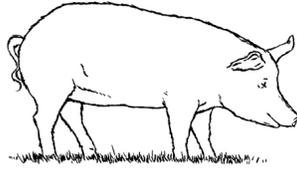
2 cups **Against the Grain** barley berries, cooked & rinsed
2 zucchini, cut in 1" dice
4 ripe tomatoes, diced
1/4 cup olive oil
2 T red wine vinegar
1 clove garlic, minced
1/2 tsp. kosher salt

freshly ground black pepper
2 T chopped fresh basil, mint & parsley
3 handfuls salad greens
red onion, peeled & thinly sliced, tossed with:
1 T white vinegar
2 tsp. kosher salt

In a heavy bottomed frying pan cook the zucchini for 3-4 minutes or until soft. Add to a bowl with the remaining ingredients & toss well. Serve with the pork & the focaccia.

Thanks to our sponsors:

Pickle Patch Pork available by order from:



www.picklepatchfarm.com

Homestead Organics flour available at



26 Home Ave., Vankleek Hill

Lugthead, Golden Vox and Koru beers from



B E A U ' S

Terry Fox Drive, Vankleek Hill



Products available at the **Lochiel Loaf, Vankleek Hill Farmers' Market**

