

Cindy's Back Street Kitchen, St. Helena, CA
Italian Pork Cooked in Milk with Meyer Lemon
paired with
2002 Showket Vineyards Super Tuscan "Asante sana"

Ingredients: (Serves 6)

4 – 5 lbs. shoulder of organic pork, excess external fat trimmed
sea salt
fresh ground pepper
olive oil
butter
garlic
sage leaves – 1 bunch, small leaves roughly torn
1-1/2 qt. whole milk (may take 2 qts. – use more if drying out, keep heat low)
zest of two lemons without white (wide swatches from a carrot peeler)

Season pork and sear in hot olive oil. Put pork in a cast iron Dutch oven or enamel-covered pan like Le Creuset (not aluminum). Remove from pan and drain off oil. Heat butter in pan and when foamy, add sage leaves. Stir and toss and after a few moments, add garlic and then pork. Pour milk over and bring just to a boil. Reduce heat to a gentle simmer. Cover and cook 1-1/2 – 2 hours over a low flame. Milk will curdle and caramelize and make a nice interesting sauce.

Slice pork into chunks. Serve with steamed potatoes and braised chard or dino kale. Meat should be extremely tender.

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