

Braised Pork Roast With Paprika, Capers & Caraway

Also Known As

Course	Yield	Type of Food	Main Ingredient
Entrée	6 servings	Meat	Pork

Comments

This recipe takes a little while, but is well worth the effort.

Prep Time 15 minutes **Cooking Time** 2 hours **Ethnic Origin** American

1/8=.125 1/4=.25 1/3=.33 3/8=.375 1/2=.5 5/8=.625 2/3=.66 3/4=.75 7/8=.875

Measure	Ingredient	Pre-Heat? <input checked="" type="checkbox"/> Yes	Temperature	350	Grease Pan? <input type="checkbox"/> Yes
			Measure		Ingredient
2 Tbs.	olive oil		1 Tbs.		parsley, finely chopped
3 lb.	pork loin, boneless				
.75 cup	onion, finely chopped				
.75 cup	carrots, diced				
1 tsp.	sweet paprika				
1 cup	chicken or beef stock				
	sea salt or kosher salt to taste				
	fresh ground black pepper to taste				
2 Tbs.	flour				
1 cup	sour cream				
1 Tbs.	capers, drained, chopped				
1 Tbs.	caraway seeds				

Instructions

In a 4-quart casserole, heat the oil until it lightly smokes.

Add the pork and over high heat brown it on all sides. About 10 to 15 minutes.

Remove and set aside. Preheat oven to 350°F.

Pour off all but a thin film of the fat and add the onions.

Cook them about 8 minutes over medium heat or until they are lightly colored.

Add the carrots and cook 2 to 3 minutes longer.

Off the heat, stir in the paprika. Continue to stir until the vegetables are coated.

Pour in the stock and bring it to a boil, stirring in any brown bits that cling to the bottom and sides of the pan. Return the pork to the pan, fat side up, salt and pepper it, and bring the liquid to a boil again. Cover tightly and braise the pork in the middle of the oven for 1 1/2 hours, or until thoroughly cooked and tender.

Baste it occasionally with pan juices. Then transfer the pork to a heated platter.

Pour the contents of the pan into a sieve set over a saucepan, pressing down hard on the vegetables before discarding them.

Skim off as much of the surface fat from the pan liquid as possible and bring the sauce to a simmer on the stove.

With a wire whisk, beat the flour and sour cream together in a bowl, then beat the mixture into the pan.

Bring the sauce to a simmer once more and add the parsley, capers and caraway seeds.

Taste for seasoning.

Carve pork into 1/4 to 1/2 inch slices and serve with some of the sauce poured over them and the rest passed separately in a sauce boat.