

Pork Braised in Milk

Ingredients (Serves 4–6)

- 2.5 to 3 lbs boneless pork shoulder or loin, tied with kitchen twine
- 2 tablespoons olive oil
- 2 tablespoons unsalted butter
- 1 small onion, finely chopped (optional)
- 4 cloves garlic, peeled and smashed
- 3–4 fresh sage leaves or 1 sprig rosemary
- Zest of 1 lemon (in wide strips, no pith)
- 4 cups whole milk (you may need more to cover)
- Salt and freshly ground black pepper

Equipment

- Large Dutch oven or heavy-bottomed pot with lid
- Kitchen twine
- Tongs or a large spoon for turning meat
- Fine mesh strainer (optional, for sauce)
- Knife and cutting board

Instructions

1. **Season the Pork:**
Generously season the pork with salt and pepper.
2. **Brown the Pork:**
In a large Dutch oven, heat olive oil and butter over medium-high heat. Add the pork and brown it on all sides (about 10–15 minutes). Remove the pork and set aside.
3. **Sauté Aromatics:**
Lower the heat to medium. In the same pot, add the garlic, onion (if using), lemon zest, and sage or rosemary. Cook for 2–3 minutes until fragrant.
4. **Return Pork & Add Milk:**
Return the pork to the pot. Pour in the milk until it comes at least halfway up the meat. Bring to a gentle simmer. Reduce heat to low and partially cover.
5. **Braise Slowly:**
Cook gently for 2 to 2.5 hours, turning the meat occasionally, until the pork is tender and the milk has curdled into golden brown clusters (this is expected and desired).
6. **Rest & Slice:**
Transfer the pork to a cutting board and rest for 10–15 minutes. Remove kitchen twine and slice.
7. **Make the Sauce:**
You can spoon the curdled milk sauce as-is over the pork, or strain it through a fine mesh sieve and whisk it into a smoother sauce.

To Serve:

Serve the sliced pork with the milk sauce spooned over the top. Great alongside mashed potatoes, polenta, or crusty bread to soak up the sauce.