

Slow-Simmered Pork and Pasta

Tools Cooks Love | February 2008



Chef Bill Telepan's daughter loves this home-style dish, and the slow cooker allows him less kitchen time on his day off.

PREP: 15 MINUTES COOK: 7 HOURS ON LOW OR 3 1/2 HOURS ON HIGH, PLUS 30 MINUTES ON HIGH STAND: 30 MINUTES

- 2 TBSP. EXTRA-VIRGIN OLIVE OIL
- 2 1/2 TO 3 LB. BONELESS PORK SHOULDER
- SALT AND GROUND BLACK PEPPER
- 8 OZ. PANCETTA, CUT INTO LARGE CUBES
- 1 SMALL ONION, MINCED
- 6 CLOVES GARLIC, MINCED
- 2 28-OZ. CANS WHOLE PEELED TOMATOES, DRAINED AND CUT UP (RESERVING JUICE FROM 1 CAN)
- 1 6-OZ. CAN TOMATO PASTE
- 1/4 TSP. CRUSHED RED PEPPER, OPTIONAL
- 8 OZ. DRIED GEMELLI OR PENNE PASTA
- 1 RECIPE GARLIC-SEASONED BROCCOLI RABE, OPTIONAL

In a large skillet* heat the oil over medium-high heat. Season pork shoulder with salt and pepper and brown in hot oil on all sides, about 4 minutes on each side. Place in a 4- to 5-quart slow cooker; if necessary, cut meat to fit.

Add pancetta to same large skillet; cook over medium heat until golden brown (about 7 minutes), stirring occasionally. Add onion and garlic and cook until golden (about 5 minutes), stirring occasionally. Add mixture to slow cooker. Stir tomatoes, reserved juice, tomato paste, and crushed red pepper, if using, into cooker.

Cover and cook on low heat setting for 7 to 8 hours or on high-heat setting for 3 1/2 to 4 hours.

Turn off slow cooker; let stand 30 minutes.** Skim excess fat. Remove meat to a platter and, using two forks, shred into medium pieces. Return meat to sauce in cooker. Cover; cook on high-heat setting 30 minutes.

Prepare pasta according to package directions; drain. Stir into pork mixture. Serve over *Garlic-Seasoned Broccoli Rabe*, if desired. Makes 12 servings.

*NOTE: Some slow cookers, including the Crock-Pot Versaware Pro (see *Our Cooks and Their Tools*) that Bill uses, allow you to cook on the stovetop right in the crock.

**NOTE: If short on time, omit this 30-minute stand time and skim as much fat as possible. After returning meat to cooker, cover and heat just until hot.

Per serving: 325 cal., 14 g fat (4 g sat. fat), 74 mg chol., 755 mg sodium, 23 g carbo., 3 g fiber, 26 g pro.

COOK: Bill Telepan TOOL: Slow Cooker

Bill Telepan is the chef/owner of the award-winning Telepan restaurant in New York City. 72 W. 69th St.; 212/580-4300; telepan-ny.com.

Chef Telepan uses a Crock-Pot Versaware Pro 6-quart Programmable Stoneware Slow Cooker. This model has an attractive removable stoneware crock that can be used on the stovetop and in the oven, microwave, and refrigerator. \$80; jardenstore.com.