

# *Chefs A' Field*

*Culinary Adventures That Begin on the Farm*



## **NEW WORLD PORK & BEANS**

*Grilled Pork Confit with Shellbean Ragoût and Molasses Butter*

By Suzanne Goin of Lucques Restaurant

(serves 8)

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### BRINE

- 1 cup sugar
- 1 cup kosher salt
- ¼ cup crushed juniper berries
- ¼ cup crushed allspice
- 2 tablespoons crushed fennel seeds
- 1 onion, sliced
- ½ bulb fennel, sliced
- 1 large carrot, sliced
- ½ bunch plus 1 teaspoon picked thyme
- ½ bunch parsley
- 2 bay leaves
- 2 chilies d'arbol
- 1 pork shoulder (approx 5 pounds)
- 15 cups duck fat

### SHELLBEAN RAGOUT

- extra virgin olive oil
- ½ cup diced onion
- 1 teaspoon minced garlic
- 1 tablespoon picked thyme
- 3 cups fresh shellbeans (approx 3 pounds in the shell)
- 6 tablespoons softened unsalted butter plus 1 tablespoon for the beans
- 2 tablespoon molasses for the butter plus 1 tablespoon for drizzling
- ¼ teaspoon orange zest
- 1 lemon for juicing
- ¼ pound young spinach
- 1 tablespoon chopped parsley
- 2 tablespoons extra virgin olive oil

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**Three days before serving**, brine the pork. Dissolve the sugar and salt in a large stock pot or plastic container with 1/2 gallon hot water. Add 1 gallon ice-cold water. Stir in the juniper, allspice, fennel seed, carrot, thyme, parsley, bay and chilies. Trim the pork of excess fat and add the cleaned shoulder to the brine. Be sure the brine completely covers the meat. Refrigerate the pork in the brine for 48 hours.

**The day before serving**, remove the pork from the brine, pat it dry with paper towels and let it sit for one hour until it reaches room temperature.

**Preheat the oven to 300 degrees.** Place pork in a large deep Dutch oven, gently warm the duck fat and pour it over the pork completely covering. Place in the oven and cook for 5-6 hours. If the fat starts to boil turn the heat down to 275 degrees. The pork is ready when it yields to a paring knife inserted in its center. Cool the pork in the fat for one hour. Remove the pork from the fat and refrigerate. Strain the fat and save for another use.

**Meanwhile, cook each type of bean separately.** Heat as many small pots as you have types of beans over medium heat. Pour 1 tablespoon olive oil in each pot and divide the onion, garlic and thyme between the pots. Sauté gently for 3-4 minutes. When the onion is translucent, add the shellbeans and stir coating them with the onion and oil. Season with salt and add water to cover by one inch. Bring to a boil and reduce heat. When the beans are just tender, remove and put them in a non-reactive container, letting them cool in the cooking juices.

**While the beans are cooking**, stir the molasses and orange zest into softened butter. Season with salt and pepper and set aside.

**If you are grilling** the pork, light the fire 40 minutes before you want to serve. Place the cold pork shoulder confit on a cutting board. Slice the pork against the grain into 1/2-3/4 inch slabs weighing about 6 ounces. Brush the slabs with a little olive oil. Taste a little piece of the pork to make sure it is seasoned correctly. If not, season with salt and pepper.

**If you are not grilling** the pork, heat 2 large cast iron pans over high heat for 2 minutes. Add 2 tablespoons duck fat to each pan and heat for another minute. Carefully place the meat in the pan or on the grill. Cook 4-5 minutes on the first side, cross-hatching if you are using the grill. Turn the pork over and finish cooking on the other side. You should have a really crisp, deep-golden crust. 4-5 tablespoons

**While the meat is cooking**, strain the beans, mix them together and heat them in a pot with 1/2 cup of the cooking liquid. Taste for seasoning. When the beans are hot and the liquid has reduced to just coat the beans, finish the ragout with 1 tablespoon butter, a squeeze of lemon, spinach and parsley. Divide the ragout between 6 large shallow bowls. Place the pork on top and finish with a dollop of molasses butter drizzled over the top.

*Courtesy of Chefs A' Field.*