



# Greenmarket Recipe Series

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## B&Y Farms Apple Cider Pork Roast

*recipe created by B&Y Farms in honor of 2011 Stuyvesant Town Greenmarket Apple Festival*

### Ingredients:

- \*1 3lb Pork Shoulder/Butt (or 1 large ham hock)
  - \*4 Apples (any baking variety will work)
  - \*1 Quart Fresh Apple Cider
  - \*1 Yellow Onion
  - \*3 Tbsp Honey
  - \*2 Tbsp Butter
  - 4 Slices Fresh Ginger
  - 1 Cinnamon Stick
  - 1 Tbsp Whole Cloves
  - 1 Tbsp Apple Pie Spice
  - 1 Tbsp Salt
  - 4 Tbsp Dill or Fennel (optional)
- \*available seasonally at your neighborhood Greenmarket*

### Instructions:

Roughly chop onion and apple and combine in a skillet with 1 tablespoon of butter. Season apples and onion with a pinch of salt and sauté over medium heat until onions are translucent and apples are tender; remove from heat. Season pork shoulder with remaining salt, bring heat to a hot temperature and quickly sear the cut in the remaining butter until all sides are nicely browned; remove from heat. Combine all ingredients in a crock pot and cook on high for 4 hours. Alternatively, combine all ingredients in a deep roasting dish, cover tightly and braise in a 275 degree oven for 2 hours. When it's done the pork should easily tear apart with the gentlest fork action.

### Serving Options:

Strain and discard solids and serve pork shoulder without broth as a main dish garnished with fresh chopped dill or minced fennel (optional). Alternatively add some of the broth and serve in a bowl over egg noodles. Day-after leftovers make for yummy pork sandwiches!

Serves 4

For over 30 years, GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs visit [www.GrowNYC.org](http://www.GrowNYC.org). As a non-profit, donations from supporters like you are vital to our continued to success. To make a fully tax-deductible contribution please call 212.788.7900 or visit us online.