

Vinegar Pork Shoulder



1 tablespoon olive oil divided	1/2 teaspoon ground allspice
1 (1 1/2-pound) boneless pork shoulder, trimmed	2 garlic cloves, finely chopped
1/2 teaspoon kosher salt	5 cups chopped fresh kale
1/4 teaspoon freshly ground black pepper	1 teaspoon canola oil
2 1/2 cups sliced onion	2 peeled apples, cut into 1/2-inch wedges
1/2 cup fat-free, lower-sodium chicken broth	2 tablespoons apple cider vinegar
1/4 cup rice vinegar	1 teaspoon brown sugar
2 teaspoons ground cumin	

- 1 Preheat oven to 325°.
- 2 Heat a Dutch oven over medium-high heat. Add 2 teaspoons olive oil to pan; swirl to coat. Sprinkle pork evenly with salt and pepper. Add pork to pan; cook 7 minutes, turning to brown on all sides. Remove pork from pan; keep warm.
- 3 Add remaining 1 teaspoon olive oil to pan; swirl to coat. Add onion to pan; cook 5 minutes or until onion begins to brown, stirring occasionally. Add chicken broth and next 4 ingredients (through garlic) to pan; bring to a boil, scraping pan to loosen browned bits. Return pork to pan. Cover and bake at 325° for 1 1/2 hours. Add kale to pan; cover and bake at 325° for 30 minutes.
- 4 Heat a large nonstick skillet over medium-high heat. Add canola oil; swirl to coat. Add apples; cook 3 minutes or until starting to soften. Add vinegar and brown sugar; cook 1 minute or until sugar dissolves and liquid almost evaporates. Serve apples with pork and kale mixture.

Pair with: Gold, Gold Cranberry, Maple