



Hawaiian Heritage Pork Roast

Add a touch of the tropics to your pork roast

Organic Pork Roast:

- 1 (8 ounce) can sliced pineapple with pineapple juice
- 1 Tablespoon all-purpose flour
- 1 teaspoon paprika
- 1/2 teaspoon salt; 1/4 teaspoon ground black pepper
- 2 pounds organic boneless pork loin roast
- 3 Tablespoons coconut oil, divided

Seasoning and Vegetables:

- 2/3 cup sliced or chopped peeled carrots
- 1 cup chopped onion
- 1 cup chopped celery
- 6 cloves peeled garlic cloves, minced
- 1 ounce peeled fresh ginger, grated

6 Tablespoons mirin (Japanese sweet rice wine)
2 Tablespoons double concentrated soy sauce
1 cup chicken stock
1/8 teaspoon ground red pepper
1-star anise

Sweet Spicy Gravy: 1/2 cup cold water; 2 Tablespoons cornstarch

Garnish: As desired, canned pineapple slices; mini sweet peppers; cilantro sprigs

Preheat oven to 300 degrees F. Drain pineapple slices; set slices aside. Set 1/4 cup pineapple juice aside.

Season and Sear the Pork: In a small bowl, combine flour, paprika, salt, and black pepper. Rub the seasoning over the entire pork roast. Melt 2 Tablespoons coconut oil in heavy, large Dutch Oven pot over medium-high heat. Sear pork roast in the pot, browning on all sides, about 8 minutes. Transfer pork to a plate.

Cook Sweet Spicy Broth: Melt remaining tablespoon coconut oil in Dutch Oven pot; add carrots, onion, and celery; sauté 4 to 5 minutes; stir in garlic and ginger, cook 1 to 2 minutes. Add reserved pineapple juice, mirin, and soy sauce; cook to a simmer; add chicken stock, red pepper, and star anise; cook on low heat for about 5 minutes. Taste the liquid; it should be strong but balanced in flavor; season to taste as desired.

Bake the Pork Roast: Replace the pork roast into the pot; liquid should be about halfway up. Spoon liquid over roast. Cover; place in preheated 300-degree F oven for 1 hour. Turn roast over; return to pot; cover; continue baking for 45 minutes to 1 hour or until pork is tender. Set pork aside for 10 to 15 minutes to rest before slicing. With electric or very sharp knife, cut into slices.

Prepare the Gravy: Meanwhile, strain the pot liquids into a small saucepan. Stir a slurry together with cold water and cornstarch; add to pan liquids; cook, stirring over medium heat until gravy mixture thickens as desired. Serve with pork slices.

To Serve: Garnish serving platter with pineapple slices, mini peppers, and cilantro sprigs.

About the Recipe: The boneless pork roast is smothered with an Asian-inspired sauce, rubbed with sweet spices, and cooked in a slow oven with a tropical sauce. Juicy pineapple slices add a refreshing taste to the tender pork.