

Fall is in the air, the nights are growing a bit sharper, and simple meals outside are a welcome close to summer. This month's 3 Days, 3 Ways makes use of scrumptious, bone-in pork shoulder to produce meat for hearty sandwiches, everything-but-the-kitchen-sink burritos, and a fall soup deepened in flavor and body by meat trimmings and a long-simmering bone. This month's recipes:

**Pulled-Pork Sandwiches**  
**Super Burritos**  
**Fall Pork-Vegetable Soup**

## Introduction

Start these simple dishes by roasting a bone-in pork shoulder. This is one of Mississippi Market's least-expensive cuts of meat, but by roasting it at a low temperature for a long time, you produce meat that's almost without peer: the connective tissue in the shoulder turns to gelatin, tenderizing the muscle and giving it a silky quality. Because it roasts for a long time, you'll first brown the meat, then roast it atop a small bed of plum tomatoes and white onion. After the meat has cooked, you'll use the gravy-like drippings in the bottom of the pan as the basis for this month's three dishes; for the pulled-pork sandwiches, you'll combine part of the drippings with commercial or homemade sauce (recipe follows); for the burritos, you'll make up a blender adobo sauce to which you'll add some of the drippings; and for the soup, you'll add drippings and the bone to give your autumn soup plenty of bottom.

## Roasting the Pork Shoulder

If you don't already own a cast iron or enameled cast iron Dutch oven, fall is the time to acquire one. It will serve you well for fall and winter soups, braises, stews—and for turning the last of summer's fruit into preserves. A heavy 3- to 4-quart Dutch oven is all you need. Aluminum and tri-ply clad cookware doesn't work as well because it is lighter in weight and more difficult to regulate at low heat.

Ingredients:     Sea or kosher salt  
                      Freshly ground black pepper  
                      1–2 Tbs. cooking oil  
                      3–4 lb. bone-in pork shoulder roast (also known as Boston butt)  
                      2 canned Muir Glen organic plum tomatoes or 2 skinned fresh plum tomatoes (Romas)  
                      1/3 large white onion, thickly sliced  
                      3–5 cloves of garlic, left in skin

- Preheat oven to 325° F; place one rack in center of oven.
- Salt and pepper each side of the roast lightly; pat the spices in. Then bring roast to room temperature.
- When meat has reached room temperature, heat heavy pot on medium until it becomes hot; then add oil and heat until it begins to shimmer. At that point, using a pair of tongs (you don't want to pierce the meat, as using a cooking fork would do), add roast and brown on each side, including the ends. This should take about 3 minutes to a side.
- When all sides have been browned, remove roast from pot with tongs and put in 2 plum tomatoes, sliced onion, and garlic cloves in skins (these will be used in the three dishes). Coat them well with the oil and the pork fat that has been rendered in the pot. Return roast to pot.
- Put pot, tightly covered, into oven and roast at 325° for 2–2½ hours.
- At 2-hour point, remove pot from oven and test to see if meat has become tender and silky—often cast-iron pots cook meat more quickly than other pots do. When meat is done, remove roast from pot, remove any excess fat from the drippings/sauce in bottom of pot, and reduce the latter slightly until it is thick and saucy. Pour the sauce into a canning jar or other container for use in the three recipes.
- If you can stand it, you will reserve the meat for one of the three dishes. It will also be wonderfully tasty right out of the pot. If you choose to use some of it that way, you may want to add a tiny bit of sherry or wine vinegar to the reduced drippings/sauce and sauce mashed potatoes or the meat with it.

## Day 1: Pulled-Pork Sandwiches

This is a cheater's version of pulled-pork sandwiches, because you haven't dry-rubbed the pork before cooking it. No matter—it will be tasty just the same. If you want to get really high on the hog, accompany the pork with home-pickled carrot and cabbage, MM Deli coleslaw, or some fresh jarred kimchi.

Makes 2 big sandwiches.

Ingredients: 1 lb. roasted pork  
½–¾ c. barbecue sauce (Triple Crown is local!)  
¼ c. drippings/sauce from roasted pork  
1 tsp. powdered paprika  
1 Tbs. brown sugar  
1 Tbs. apple cider vinegar  
2 stirato rolls  
½ c. home-pickled carrot and cabbage, MM Deli coleslaw, or kimchi  
Fresh cilantro leaves

- Use two forks pulling against each other to shred the pork.
- In a small bowl, combine barbecue sauce, drippings/sauce from roasted pork, paprika, brown sugar, and vinegar.
- Scrape bowl's contents into a saucepan, bring to a boil, and turn to medium; simmer until sauce has thickened. Then add pork. Turn to low and allow pork to warm up.
- Split stirato rolls, place pickle, coleslaw, or kimchi on one half and a heap of pulled pork on the other. Add a few fresh cilantro leaves, and enjoy!

## Day 2: Super Burritos

Couldn't be simpler! All you need to do is toast a few dried, mild chile peppers in a heavy skillet or on a griddle, simmer them for 5 minutes to soften, then blend them with the garlic you roasted with the pork, some spices, and a little vinegar, and combine this heavenly sauce with chunks of roasted pork. Add a little fresh MM Deli salsa, possibly some fresh corn kernels, and you have heavenly burritos with the heft we expect of autumn foods.

If you have leftover adobo sauce, just scrape it in a freezer baggie, squeeze out the air, and chuck the bag in the freezer—you can use the sauce for more burritos or tacos all fall and winter, or add it to soups for some extra zip.

Makes 2 big burritos.

Ingredients: 2 oz. chiles anchos (dried poblanos)  
Water to cover  
¼ c. drippings/sauce from roasted pork  
½ Tbs. cooking oil  
1/3 large white onion, finely chopped  
2 roasted garlic cloves  
½ tsp. each of coriander and cumin seeds, toasted and ground  
Small bay leaf  
1 Tbs. apple cider vinegar  
1 lb. roasted pork, cubed or chopped into 1-inch chunks  
Fresh wheat flour tortillas  
Whole-milk Greek yogurt, 1 Tbs. per burrito  
MM Deli salsa  
Lightly cooked (2 minutes) fresh corn kernels (optional)  
Fresh cilantro leaves

- In a large cast-iron skillet or on a griddle, toast dried anchos until they puff up a bit (this takes only a few minutes).
- Split the anchos, pull out their white membranes, seeds, and stems, and put them in a small saucepan. Cover them with water, and let them simmer for about 5 minutes. Cool them in the pan and their liquid.
- While they're cooling down, use the same dry skillet or griddle to toast coriander and cumin until they color slightly and start to smell good. Grind them in a mortar or coffee grinder until very fine.
- When they're cooled down, scrape chiles into a blender, along with their water. Add ¼ c. drippings/sauce, bay leaf, vinegar, skinned garlic cloves from the roasted pork (squeeze the cloves from their skins), and the ground spices.
- Buzz in blender until you have a thick, smooth sauce.
- Scrape adobo sauce into saucepan; fold pork into it and heat on medium until steaming.

- Heat dry skillet or griddle again on medium-high. Lay wheat flour tortilla on surface and cook until it begins to puff; turn over, and allow it to puff on second side.
- Lay each toasted tortilla flat on a plate; on the third of the tortilla closest to you, top with a schmear of plain yogurt, 2–3 Tbs. of sauced pork, some salsa, lightly cooked corn (if you're using it), and cilantro leaves.
- Fold the two sides toward the center, and then roll the edge closest to you over the filling and on toward the far side. Enjoy as soon as possible!

### Day 3: Fall Pork-Vegetable Soup

Here is a lovely, meaty soup that you can make entirely your own. Your goal is to combine meat, green and red vegetables, and some starches (potatoes, pasta) into a memorably deep, pleasurable soup that becomes tastier by the day. In fact, if you'll be serving it as a gift to other people, make it the day before you'll be serving it, because it will be even tastier after it's had a chance to spend the night in your fridge, where its many flavors can marry.

Makes about 2 quarts of soup.

Ingredients:

- 2 Tbs. extra-virgin olive oil
- ½ large red or white onion
- 1 roasted garlic clove, skinned
- Remaining roasted pork, cubed, plus pork bone and remaining drippings/sauce
- 1 c. Muir Glen organic plum tomatoes, mashed, or fresh tomatoes
- Fresh thyme, rosemary, and sage leaves
- 1 c. C-size boiling potatoes, halved
- 1 c. carrots, sliced thinly crosswise
- 1 sweet red pepper
- ½ c. fennel bulb (optional)
- ½ c. parsnips (optional)
- ½ c. pasta
- 1 c. green beans, tipped and tailed, cut in half on steep diagonal
- 1 c. lacinato kale, ribboned
- ½ c. freshly grated Parmesan
- Sea salt and freshly ground pepper
- ½ fresh lemon

- Heat up a large, heavy pot, and when it is hot, add olive oil. When it begins to shimmer, add onion and garlic. Allow these to cook until they soften and become fragrant, but do not allow them to color.
- Add pork, bone, drippings/sauce, tomatoes, thyme, and enough water to come up to but not to cover other ingredients. Set burner to medium and cover; bring up to a simmer.
- Add potatoes, carrots, sweet pepper, and fennel and parsnip (if you're using them). Simmer until vegetables are soft.
- Add pasta, beans, and lacinato kale. Cook only until these are tender but still green.
- Grate Parmesan into pot; stir to combine. Taste, and then add salt and pepper to taste.
- Finally, just before serving, add a healthy squeeze of fresh lemon juice to wake up all of the flavors.