

# Roasted Pork Shoulder With Savory Apple Gravy

*Makes 8-12 servings*



## INGREDIENTS

4-5 pounds pork shoulder, (I leave the fat on it)  
1 TBSP fennel seeds, slightly toasted  
2 tsp black peppercorns  
2 TBSP packed, fresh thyme leaves, lightly chopped, or 1 TBSP dried thyme  
2 TBSP fresh rosemary leaves, lightly chopped  
4 medium garlic cloves, minced  
2 tsp Kosher salt, plus more for seasoning  
Extra virgin olive oil  
Low or No-Carb apple flavoring  
½ medium yellow onion + 1 tsp onion powder  
½ cup (120 ml) dry white wine (can sub water)  
½ tsp Dijon mustard  
Freshly ground black pepper

## INSTRUCTIONS

**1 Make the spice rub:** Put the fennel seeds (toast slightly first in a skillet over med heat), peppercorns, thyme and rosemary leaves, garlic and 2 teaspoons kosher salt into a spice grinder or coffee grinder and grind to a paste.



*Alternatively,* you can pound the mixture with a mortar and pestle. Put the mixture into a bowl and stir in 2 tablespoons olive oil.

**2 Marinate roast overnight in spice rub:** Rub the mixture evenly all over the pork shoulder. If the roast is tied, untie it to rub the inside with the rub mixture as well, then retie it.

Wrap the roast tightly in several layers of plastic wrap to hold the rub against the skin and marinate overnight (or up to two days).

**3 Prepare onion:** Peel and cut onion from tip to root, trimming root and tip. Cut into thin wedges (*I used ½ an onion for an 8 lb. roast to cut back on carbs, and used one packet of Alpine sugar-free spiced cider mix. The apple flavoring did not really come through, so would not use that again. I will use the REAL apple flavoring I have ordered next time to see how it works and update this recipe accordingly.*)

**4** Preheat the oven to 450°F (232°C).

**5** Toss the onions with 2 tablespoons of olive oil, apple flavoring and onion powder, and a little salt and pepper. Place the apple-flavored onions in the bottom of a roasting pan or Dutch oven with a cover and place the marinated pork shoulder on top.



**6 Roast:** First roast **uncovered** for 30 minutes. THEN turn the oven heat down to 325°F and add the wine (or water). **Cover** the roasting pan and slow roast for at least 2½ to 3 hours until the pork shoulder is falling apart tender and pulls apart easily when probed with a fork.



**7 Make sauce:** Transfer the pork shoulder to a serving plate and cover with foil to keep warm. **FIRST**, skim off excess fat, then pour remaining juices and cooked onions into a blender. Add the mustard and purée. Check the texture, and add hot water or stock until you get the desired thickness for a sauce or gravy. Press through a sieve for a silky smooth textured gravy. I then put this into a pan and on medium heat, add Thick-It-Up after it starts boiling to create a gravy / sauce. Check the seasoning and adjust to taste.

#lowcarbhc