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- Appetizers
- Soups
- Salads
- Game
- Meats
- Seafood
- Vegetables
- Pasta
- Poultry
- Breads
- Stuffings & Dressings
- Desserts
- Beverages
- Breakfast & Brunch
- Roux
- Stocks & Sauces
- Seasoning Cast Iron
- Misc

Soul Pork Roast

PREP TIME: 2 1/2 Hours

SERVES: 6

COMMENT:

The word soul is used to describe not only the music created in the slave quarters and cotton fields of the South, but a cooking style as well. To best describe it, one would say it takes a whole lot of soul to create something out of nothing. Lesser cuts of meat, trimmings and leftover vegetables were often thrown into a black iron pot in a slave cabin to create a dish that far surpassed an entree in the "main house." The flavor of soul is evident in this wonderful pork roast.

INGREDIENTS:

- 1(5-pound) Boston Butt roast
- 1/4 cup garlic, diced
- 1/4 cup green onions, sliced
- 1 tsp thyme
- 1 tsp basil
- 2 jalapeno or cayenne peppers, diced
- 4 tbsp salt
- 4 tbsp cracked black pepper
- 1/4 cup oil
- 2 cup onion, chopped
- 1 cup celery, chopped
- 1 cup bell pepper, chopped
- 6 garlic cloves, chopped
- 6 carrots, sliced 1 inch
- 1 quart beef or chicken stock
- 1 cup green onions
- 1/2 cup parsley, chopped
- dash of hot sauce

METHOD:

Preheat oven to 375°F. In a small mixing bowl, combine diced garlic, green onions, thyme, basil, jalapeno or cayenne peppers, salt and pepper. Using a paring knife, pierce approximately ten, 1-inch holes through the roast and season each pocket with an equal amount of the mixture. This will give great internal flavor to the roast. Season the outside of the roast completely with salt, pepper and hot sauce to taste. In a heavy-bottomed dutch oven, heat oil over medium high heat. Sear 3 to 5 minutes or until vegetables are wilted. Surround roast with onions, celery, bell pepper, garlic and carrots. Pour in stock, bring to a rolling boil and reduce to simmer. Cover, place in oven, and allow to cook 2 to 2 1/2 hours or until roast is tender. Add green onions, parsley and a dash of hot sauce. Remove roast and place on a serving platter. Allow to rest 15 minutes prior to slicing. Serve over steamed white rice with a generous portion of the pan drippings and a slice of corn bread.

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