

## **Slow Roasted Herb and Spice Cured Pork Shoulder**

*By Karen Barnaby*

The slow-roasting and dry marinade makes the pork very tender and succulent. It's just fantastic cold.

- 1 4-5-lb boneless, skinless pork shoulder, not rolled or tied
- 2 TBS coriander seeds
- 1 TBS whole black peppercorns
- 12 whole cloves
- 1 TBS sea salt
- 2 bay leaves, crumbled
- 2 TBS fresh rosemary leaves, coarsely chopped
- 6 cloves garlic, thinly sliced

### **DIRECTIONS:**

With a sharp knife, score the pork fat in a cross-hatch pattern - combine coriander seeds, peppercorns + cloves in coffee grinder or mortar and pestle - grind coarsely - combine with salt, bay leaves, rosemary + garlic - spread half the mixture in bottom of a glass or non-corrodible pan - place pork on top - cover with remaining mixture - cover/refrigerate overnight.

Preheat oven to 250° F. Wash pork and pat dry. Place fat side up in baking pan - bake for 6 hours - let rest for 15 minutes before slicing.

Serves: 8-10

**The carb count is actually negligible because the spices are washed off, but here it is in its entirety:**

- **Total Calories: 6665**
- **Fat: 486 grams**
- **Carbs: 14 grams**
- **Fiber: 6 grams**
- **Protein: 528 grams**