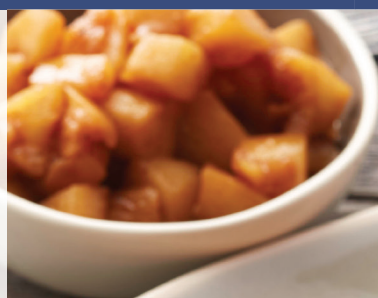


# Roasted Pork & Braised Cabbage

*with Barley & Glazed Apples*

Tonight's recipe borrows from a favorite culinary tradition of Eastern Europe: pairing a hearty pork roast with sweet apples and red cabbage. To bring out the flavor of Junami apples (a particularly juicy, crisp variety), we're glazing them and seasoning them with cinnamon—a classic touch. And as a base for our vibrant red cabbage, we're cooking brown sugar with a bit of vinegar and water to make a delicious sweet and sour glaze.

 **Blue Apron Wine Pairings**  
Medel Pinot Noir, 2015



## Ingredients

- 1 Pork Roast
- 1 Cup Pearled Barley
- 2 Junami Apples
- 1 Red Onion
- $\frac{3}{4}$  Pound Red Cabbage

## Knick Knacks

- 2 Tablespoons Butter
- 2 Tablespoons Light Brown Sugar
- 2 Tablespoons Red Wine Vinegar
- $\frac{1}{4}$  Teaspoon Ground Cinnamon

**Makes:** 4 servings

**Prep Time:** 10 minutes | **Cook Time:** 35–45 minutes



1



## Sear & roast the pork:

Preheat the oven to 450°F. Heat a medium pot of salted water to boiling on high. Pat the **pork** dry with paper towels; season all sides with salt and pepper. In a large, high-sided pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned pork. Cook, turning occasionally, 6 to 8 minutes, or until browned on all sides. Leaving any browned bits (or fond) in the pan, transfer to a foil-lined sheet pan. Roast 26 to 28 minutes, or until cooked through. (An instant-read thermometer inserted into the pork should register 145°F.) Transfer to a cutting board; let rest for at least 5 minutes.

2



## Cook the barley:

While the pork sears, add the **barley** to the pot of boiling water. Cook, uncovered, 25 to 27 minutes, or until tender. Drain thoroughly and return to the pot. Off the heat, add **half the butter**. Stir to thoroughly combine; season with salt and pepper to taste. Set aside in a warm place.

3



## Prepare the ingredients:

While the barley cooks, wash and dry the fresh produce. Peel, core and medium dice the apples. Peel and thinly slice the onion. Cut out and discard the cabbage core; thinly slice the leaves.

4



## Glaze the apples:

Heat the pan of reserved fond on medium-high until hot. Add the **apples**; season with salt and pepper. Cook, stirring occasionally and scraping up any fond, 5 to 6 minutes, or until slightly softened. Add the **cinnamon** and **¼ of the sugar**. Cook, stirring frequently, 30 seconds to 1 minute, or until well combined. Add **⅓ cup of water**. Cook, stirring frequently, 6 to 7 minutes, or until cooked off. Stir in **¼ of the vinegar**; season with salt and pepper. Turn off the heat. Transfer to a serving dish. Rinse and wipe out the pan.

5



## Braise the cabbage:

In the same pan, combine the **remaining sugar and vinegar** and **¼ cup of water**. Heat on medium-high until the sugar has melted. Add the **onion** and **remaining butter**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly softened. Add the **cabbage**. Cook, covering with foil, 9 to 10 minutes, or until softened. Season with salt and pepper to taste. Remove from heat.

6



## Finish & serve your dish:

Find the lines of muscle (or grain) of the **rested pork**; thinly slice crosswise against the grain. Add any juices from the cutting board to the serving dish of **glazed apples**; stir to thoroughly combine. Transfer the **cooked barley** to a serving dish; top with the **braised cabbage** and sliced pork. Serve with the glazed apples on the side. Enjoy!