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What's Cookin': A sofrito sauce

Sofrito is a sauce, with vegetables chopped into small pieces and cooked or braised in oil.

Almost every cuisine you can think of has their own version of sofrito.

Today's recipe is a bit of a twist on a traditional sofrito, as all the ingredients are inside the roast, but as they roast with all the delicious juices from the pork, you will find the whole dish is quite tasty by the time it is done.

As we suggested in the recipe, you might want to make a bigger roast than you need so that you can eat it hot out of the oven the first night, but then let

Lori Gysel & Gerry Kentner



it cool and slice up the leftovers for a sandwich.

Try putting slices of this with the fruits and all on a crusty bun with a little mayonnaise and sriracha hot sauce mixed together—fantastic!

Have fun and keep cooking!

Roast Pork Sofrito

Ingredients

- 3-4 lb pork shank or picnic pork roast, boned and rolled
- 1 tbsp dried oregano
- 1 tbsp cumin
- 1 tsp red pepper flakes
- 1 apple, peeled, cored, grated
- 1/4 cup dried cranberries
- 1/4 cup raisins
- 1/4 cup chopped dates
- 1/4 cup chopped dried apricots
- 1 cooking onion, diced
- 1 cup apple juice

Method

1. Halve the butcher bone and roll the roast.
2. Unroll the roast and sprinkle with the oregano, cumin and pepper flakes.
3. Mix all the fruit and onion together.



er. Lay the mixture on the pork. Rollup and tie with butcher twine.

4. Place in a roast pan standing up. Add the apple juice to the pan and bake, covered for two hours.

5. Let the roast rest, covered for 15 minutes before carving. Serve the juices over top.

Chef's Note:

We found this tasted even better the second day and even more flavourful the third day in a sandwich on a toasted bun!

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Get your passport for Oct. food fest

Downtown Georgetown's annual International Flavours event will be held on Saturday, Oct. 4, 12-3:30 p.m.

A Taste of Downtown Georgetown features the restaurants and food venues in downtown—sample, Irish, Italian, Thai, Chinese, Gourmet, Confectioneries and more! You can sample five food venues with your purchase of

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