

Arrosto al Latte (Milk Roast)

INGREDIENTS

- 3 lbs pork loin, in one piece
- 1 pint (1/2 quart or 500 ml) warm milk
- 1 large carrot
- 1 medium onion
- 1 celery stalk
- 2 cloves of garlic
- 2 rosemary sprigs, fresh
- 5 sage leaves, fresh
- 2 TBSP corn starch
- 4 Oz dry white wine
- 4 TBSP olive oil
- Salt and Pepper to taste



DIRECTIONS

- Preheat oven to 350F.
- Mince carrot, onion, celery and garlic and place in a Dutch oven pan.
- Add the olive oil, and sauté over medium flame until veggies are wilted.
- Meanwhile, season meat with salt and pepper to taste.
- When veggies are done, remove them and set aside.
- Pour a bit more olive oil in the pan and add meat.
- Increase heat to medium high and brown all sides of the roast.
- Carefully add wine and cover pot so that meat gets infused with the wine.
- Remove cover after a couple minutes and stir in sautéed veggies.
- Finally, add the warm milk, rosemary sprigs and sage to the pan and stir well.
- Cover pan and place in preheated oven.
- When meat has been cooking for 30 minutes, carefully turn the roast upside down and continue cooking for 30 more minutes.
- Internal temperature should be 145-150 degrees.

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DIRECTIONS (CONT.)

- Remove Dutch oven pan from oven and place on stove top.
- Carefully remove meat from liquids and wrap in aluminum foil.
- Set aside.
- Remove and discard rosemary sprigs and sage leaves.
- Blend milk and veggies with an immersion blender (or regular blender) until smooth.
- Stir liquids over low flame (on stove top) until slow boil.
- Using a whisk, stir corn starch over liquids.
- Cook a couple minutes until sauce thickens but is free of lumps.
- Remove from heat.
- Taste sauce and adjust salt and pepper if needed.
- Slice meat.
- Place a few tablespoons of sauce on the bottom of a serving dish.
- Arrange sliced meat over it.
- Use all remaining sauce to cover the meat.
- Serve hot.

Arrosto al Latte

NONNA'S TIPS

- Make sure to warm up the milk well before adding to the pork loin to avoid shocking the hot meat with cold milk, which would cause it to toughen.
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- You can use a veal or beef roast instead of pork if you wish.
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- This roast can be also cooked on stove top instead of oven for the same amount of time on a slow simmer.