

DR. FRANKENSTEIN'S GRAVEYARD STEW #1 (Beer Braised Pork Butt)



While history does not mention this, the locals all know that Dr. Frankenstein's first fresh body from the graveyard was unacceptable for his experiment. Not one to waste anything he asked his cook to stir up a pot of stew using the poor fellow's butt. Oh my. Chef sent Igor back to the graveyard to dig root vegetables for the pot because as you know the composting that goes on in a graveyard produces some mighty fine vegetables, ja? The fragrances from the simmering stew wafted throughout the village and taunted the residents' taste buds all day long. Then they dined. I don't know how many attempts the doctor and Igor made before finding the perfect specimen but we do know their guests have feasted on this dish many times over the years.

Serves 6

- 1 5-pound boneless Boston pork butt
- 3 Tablespoons vegetable oil
- Coarse salt and freshly ground pepper
- 2 celery stalks, diced
- 2 medium onions, diced
- 2 medium cloves garlic, minced
- 1 plum tomato, diced
- ½ cup balsamic vinegar
- 4 12-ounce bottles dark beer, preferable Guinness Stout
- 1 baking or Idaho potato, peeled and cut into 1-inch cubes
- 1 sweet potato, peeled and cut into 1-inch cubes
- 1 turnip, peeled and cut into 1-inch cubes
- 1 celeriac, peeled and diced
- 2 parsnips, peeled and diced
- 2 carrots, peeled and diced
- ½ cup chopped parsley for garnish

1. Heat the oven to 250°. Rub pork butt with oil, and season liberally with salt and pepper. In a large Dutch oven over medium high heat, place meat, fat side down. Brown each side for about 5 minutes.
2. Remove meat from pot, and pour off most of the remaining fat, reserving enough to saute the celery, onions, and garlic until translucent (about 5 minutes). Add tomato, and deglaze the pot with balsamic vinegar. Pour in beer, and return meat to pot. Bring to a simmer over high heat, and cover. Transfer to oven for 3 hours.
3. After 3 hours, remove pot from oven, and skim off any excess fat. Add remaining vegetables, and cover. Return to oven for 45-60 minutes. When finished cooking, the meat and vegetables should be fork tender.
4. To serve, slice meat across the grain. Arrange meat slices on platter with vegetables and sprinkle with parsley.

Chris Schlesinger on Martha Stewart's show (years ago)

As I mentioned, Dr. Frankenstein does not waste anything. Once his butcher has removed the butts, Igor delivers the remaining body parts to the kitchen where they are simmered down for stock.



Lady Bella's notes: This is a wonderful Fall weekend dish. It truly taunts the taste buds as it cooks. Warning! The first time I made it, I froze the left-overs for another meal. The beer saturated vegetables did not reheat well at all – totally inedible.