

Pork Neck Preparation

Heat 2 tbs oil in a large dutch oven or sauce pot over medium heat.

Add 1.5 - 2 lbs pork necks and other ingredients (like onions or garlic) as desired.

Brown the necks on all sides - about 3 minutes per side.

- Add liquid until covered - about 2 quarts.
- Simmer, covered for about 2 hours or until meat is tender and easily pulls apart.
- Remove the necks.

Or

- Add liquid so bones are $\frac{3}{4}$ of the way covered - about 3 cups.
- Cover and place in oven preheated to 325 degrees.
- Braise, covered for about 2 hours or until meat is tender and easily pulls apart.
- Add more liquid as needed to maintain bones being $\frac{3}{4}$ covered.
- Remove the necks once ready.

Option 1

Using your cooking liquid, make a sauce (gravy, marinara).

Pull the meat off of the necks and add to the sauce or serve the sauce over the meat.

Option 2

Leave the meat on the bones.

Brush a glaze over the necks and brown in the oven or on a grill.

Make a sauce with the cooking liquid or save for future use.

Additional Tips

With either method, the bones can be used to make additional bone broth by rinsing off any excess gravy or sauce.