

# COPPA ROAST

*with fennel & pearl onions*

## INGREDIENTS

coppa roast  
1 cup diamond crystal kosher salt  
½ cup brown sugar, *packed*  
1 tbsp fennel seeds, *crushed*  
1 tbsp crushed red pepper flakes  
1 tbsp black peppercorns, *whole*  
4 cups fennel, sliced  
3 cups pearl onions, whole

## INSTRUCTIONS

Preheat your oven to 375 degrees.

Stir salt, brown sugar, fennel, peppercorns, and red pepper flakes in a medium bowl. Rub the spice mixture onto the roast. Add the sliced fennel and pearl onions to the bottom of a roasting pan. Place the roast on top of the vegetables and roast in the oven until the internal temperature of the meat reaches 150 temperature (about 90 minutes). Pull it and let it rest for at least 30 minutes.

Serve alongside the fennel, onions, and a bottle of cool climate syrah.

## HOW TO TRUSS IT:

You need a roll of butcher's twine. Start at one end of the roast - thread your first string underneath the meat about an inch from the end. Holding one end of the string in your hand, wrap it around your fingers then cross over and pull through the loop to create a slipknot. Tighten the knot against the roast, secure with a second knot and cut the excess string. Repeat this process every inch or so until the entire roast is knotted. If this sounds confusing, google it and find yourself a video tutorial. You don't want to skip this step - trussing means you're going to cook the meat evenly.

# OCTOBER OX BOX



## WHAT'S IN THE BOX

**BRATWURST**

**BUTCHERS BLEND  
GROUND BEEF**

**FALL SPICE WHOLE  
CHICKEN**

**COPPA ROAST**

**BACON CHEDDAR  
BRATWURST**

**KOREAN CHICKEN  
THIGHS**



**TOP TEN  
BRATWURST  
CONDIMENTS:**

1. SAUERKRAUT
2. BROWN MUSTARD
3. GRILLED ONIONS
4. RELISH
5. COLESLAW

## A NOTE FROM CHEF

This is probably one of the most delicious piece of meat you've ever tasted. The coppa is a rare cut - it's part of the pork butt that's it's usually lumped in with the whole shoulder, which usually ends up getting ground into sausage, smoked, or braised. Know that this is the piece of meat pro pitmasters present to judges during BBQ competitions - it's called the 'money muscle' that's how prized it is. So when you are able to find a butcher who can provide this glorious cut on its own you should be excited.

What is a coppa roast, exactly? It's a collection of muscles that run through the shoulder, and it's one of the most flavorful, tender pieces of meat there is. It's ideal for smoking, roasting, or reverse searing - we use this cut at TRUST to make our ham for the hush puppies - on the menu since day one, the ham really makes this dish what it is, and is a good reason as to why it's one of most popular items to order to this day.

Seriously, gang, this is going to be a great cut for ya'll. Enjoy it.

*B. Wise*

## celebrating oktoberfest?

6. CHILI
7. HASH BROWNS
8. OX BACON
9. MAC N' CHEESE
10. PEACH SALSA