

French Bistro-Style Pork with Tomato & Olives (2 versions)

[Extra: About pork cuts available in Japan]

Version 1

French Bistro-Style Pork Shoulder with Tomato & Olives

Yield: 6 servings

Ingredients

- Pork shoulder block (豚肩ロース) – **1 kg**, trimmed of excess fat
- Olive oil – **2 Tbsp (30 g)**
- Onion – **2 medium (250 g)**, chopped
- Carrot – **1 medium (80 g)**, chopped
- Garlic – **4 cloves (20 g)**, minced
- Crushed tomatoes – **800 g (2 cans)**
- Dry white wine – **250 ml (1 cup)**
- Water – **250 ml (1 cup)** (or water + 1 tsp coconut aminos)
- Green or black olives – **100 g**, pitted
- Bay leaf – **2**
- Fresh thyme – **4 sprigs** (or 1 tsp dried thyme)
- Rosemary – **1 sprig** (optional, rustic touch)
- Black pepper – **½ tsp**
- Salt – **½ tsp** (taste and adjust at the end)
- Red pepper flakes – pinch (optional, for warmth)
- Fresh parsley – **2 Tbsp**, chopped (for garnish)



Instructions

1. Brown the Pork

- Cut the 1 kg pork shoulder block into **4–5 large chunks** (this helps even cooking but keeps them moist).
- Heat olive oil in your Dutch oven. Brown pork on all sides until golden. Remove and set aside.

2. Build the Base

- In the same pot, add onion and carrot. Cook 5–6 min until softened.
- Add garlic, cook 1 min.
- Stir in tomatoes, wine, water (or water + aminos), bay leaves, thyme, rosemary, black pepper, and chili flakes if using. Bring to a simmer.

3. Add Pork Back

- Nestle browned pork chunks into sauce. Stir gently to coat. Cover with lid.

Cooking Methods

Option A – Oven Braise (classic French)

- Preheat oven to **150 °C**.
- Place Dutch oven (covered) in oven for **2–2.5 hours**, turning pork halfway.
- Add **olives** during **the last 20 minutes** so they keep flavor and texture.

Option B – IH Stovetop Braise

- Keep pot covered on **low heat (IH 2–3 setting)** for **2–2.5 hours**, keeping a **gentle simmer**.

- **Stir every 30 min**, adding a splash of **water** if sauce thickens too much.
 - Add **olives** in the **last 20 minutes**.
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4. Finish

- Pork should be **fork-tender**. Remove **bay leaves** and **rosemary sprig**.
 - Taste sauce → adjust with salt, black pepper, and brighten with a **splash of red wine vinegar or squeeze of lemon**.
 - Garnish with fresh parsley.
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Nutrition (per serving, ~250 g portion)

- **Calories:** ~415 kcal
 - **Protein:** ~36 g
 - **Fat:** ~23 g
 - Sat. Fat: ~8 g
 - **Carbs:** ~12 g
 - Sugars: ~6 g
 - **Fiber:** ~3 g
 - **Sodium:** ~520 mg
 - **Omega-3:** trace
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Serving Ideas

- With **mashed potatoes** (light French-style version).
- Or with a simple **green salad + crusty bread** to soak up sauce.
- **Can also be made a day ahead — the flavors deepen overnight.**

French Bistro–Style Pork Tenderloin with Tomato & Olives

Version 2

(serves 4 = 2 dinners)



Ingredients

- Pork tenderloin – **2 small (≈500–600 g total)**
- Olive oil – **2 tbsp**
- Onion – **1 medium (200 g), finely chopped**
- Garlic – **3 cloves, minced**
- Mushrooms – **100 g, sliced** (optional, boosts umami)
- Dry white wine – **100 ml**
- Canned tomatoes – **1 can (400 g)**, crushed or chopped
- Unsalted chicken or vegetable stock – **150 ml**
- Black olives – **75 g, halved**
- Green olives – **75 g, halved**
- Fresh thyme – **1 tsp dried (or 2 sprigs fresh)**
- Bay leaf – **1**
- Salt – about **½ tsp total**
- Black pepper – to taste

Method

1. **Prep pork:** Trim silver skin. Cut into **4 equal fillets** (≈125–150 g each). Pat dry, season lightly.
2. **Sear:** Heat **1 T oil** in a heavy pan. Quickly brown pork on all sides (just color, don't cook through). Remove and set aside.
3. **Base:** Add **remaining oil**, sauté **onion + mushrooms** until golden. Stir in **garlic** briefly.
4. **Deglaze:** Pour in **wine**, scrape bottom, reduce by half.
5. **Sauce:** Add **tomatoes, stock, thyme, and bay leaf**. **Simmer uncovered 10 minutes** to thicken slightly.
6. **Finish pork:** Return pork to pan, cover, and **simmer 10–15 minutes** at gentle heat. Internal temp should be **63–65 °C** (slightly pink inside, very tender).
7. **Olives:** Stir in **olives, cook 2–3 minutes**. Remove **bay leaf**, adjust seasoning with pepper (and a squeeze of **lemon** if needed).



Nutrition (per serving)

- **Calories:** ~365 kcal
- **Protein:** ~34 g
- **Fat:** ~16 g
 - Sat. Fat: ~4 g
- **Carbs:** ~12 g
 - Sugars: ~6 g
- **Fiber:** ~3 g
- **Sodium:** ~700 mg (mostly from olives; reduce by rinsing)
- **Omega-3:** ~0.1 g



Notes

- Pork tenderloin is lean, so don't overcook. Use a thermometer if you can — it makes a huge difference.
- For a “**braised style**” texture (closer to the bistro chicken dish), cut the tenderloin into larger 6–7 cm chunks and **simmer covered for ~25 minutes** at very low heat. This makes it more fork-tender while still moist.

Classic sides: mashed potatoes or rice, green beans, crusty bread.



French Bistro Choice Cuts for Pork in Tomato–Olive Braises

- **Pork shoulder (épaule de porc)** → the classic. Well-marbled, lots of connective tissue, slow-braises into that “fall-apart, juicy” texture. This is almost certainly what Aux Bacchanales would have used.
- **Pork collar/neck (échine de porc, called 肩ロース *katarōsu* in Japan)** → another favorite in Provence. Rich, tender, very flavorful, perfect for long oven braises.
- **Less common, but possible:** pork ribs or rib-end roast, but usually shoulder/collar dominate.

What This Means in Tokyo

- **Normal supermarkets:** mostly boneless loin or tenderloin → lean, not suited to long braises.
- **International markets (Nissin, National Azabu):** you might find *katarōsu* (collar/neck) or small shoulders.
- **The Meat Guy (Nagoya):** they usually carry **Boston butt/shoulder roasts** (with or without bone), plus collar cuts. These would be the closest match to the French restaurant version.

👉 To recreate the Aux Bacchanales dish most authentically, go with **pork shoulder (Boston butt)** or **pork collar (肩ロース)**. Both hold up beautifully in a long braise with tomato, wine, and olives.

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