

Pork & Veg Stew

I love this kind of food, really comforting just like a big hug in a bowl. Tender pieces of pork and veg in a beautiful sauce that is just screaming for some bread to be submerged into it.



Serves: 5

Prep Time: 15 minutes

Rest/Marinate Time: 0

Cooking Time: 2 hours 30 minutes

Ingredients

- 800 g of diced pork.
- 2 onions, finely sliced.
- 1 tbsp of smoked paprika.
- 1 tsp of ground allspice.
- 2 tbsps of tomato purée.
- 2 tbsps of flour.
- 200 ml of red wine.
- 700 ml of chicken stock.
- 70 g of balsamic vinegar.
- 3 bay leaves.
- 5 potatoes, cut into bite-size pieces.
- 4 carrots, cut into bite-size pieces.
- 3 parsnips, cut into bite-size pieces.
- 1 swede, cut into bite-size pieces.
- 100 g of sour cream.
- A handful of fresh parsley.

Method

- Season the pork with salt and pepper. In a large casserole dish, add a good splash of oil and brown off the pork over a high heat. Do this in batches. Once done place to one side leaving all the juices in the dish.
- Turn the heat down too low. Add the onions, season and add another splash of oil. Cook slowly for around 10 minutes or till the onions have cooked down and softened.
- Return the pork along with any resting juices and add the smoked paprika, allspice, tomato purée, mix and cook for another few minutes. Add the flour and cookout for a couple more minutes.
- Next, turn up the heat too high and pour in the red wine. It will start to reduce and thicken within a minute. Once it has pour in the stock and the balsamic vinegar. Add the bay leaves and bring them up to a boil. Cover with a lid, leaving a small gap then turn down the heat and simmer for 1 hour. Give it a stir every so often.
- After the hour is up, mix in all the veg. You want enough liquid to just cover the veg so if need be top up with some boiling water. Recover with the lid, again leaving a gap and simmer for another hour or till the pork and veg is tender. Depending on the size you have cut the veg it may need a little longer.
- To finish off the dish, stir in the sour cream and half of the parsley, then check for seasoning. Scatter over the remaining parsley and give it a sprinkling with some smoked paprika. Finally, drizzle with a little balsamic vinegar and extra-virgin olive oil.