

Pork Stew with Pears & Yams

Ingredients:

2.5 boneless or 3 pounds bone-in country style pork ribs

2 tsp kosher salt

2 tsp black pepper or smoked hot paprika

2 Tbs vegetable oil, more if needed

2 medium sized yellow onions, halved & thinly sliced

2 bulbs fennel, fronds removed, bulbs cored & thinly sliced (one good-sized bulb does nicely)

½ cup dry white wine or wine vinegar

2 large or 3 medium sized yams (or sweet potatoes) peeled and cut into 1-inch cubes

2 Tbs caraway seeds

1 tsp ground allspice

2 bay leaves

1 qt chicken stock (canned or homemade)

3-4 pears, peeled, cored, and cut into 1-inch cubes

2 Tbs lemon juice

Coarse Ground Mustard for garnish (optional)

Directions:

Step 1

If using bone-in ribs, cut away the bones and set aside for now. Cut the pork into 1-inch cubes,

one hour, but not more than 12. **If using the oven, set to 325 degrees or slow cooker to low.**

Step 2

Pat the pork cubes dry with a paper towel and sprinkle generously with pepper or paprika. Heat oil in a dutch oven or heavy pot over medium-high heat until it shimmers, then brown the pork in batches so as not to overlap, and throw in the bones (if you have bones) as well. Add more oil between batches if you need to & transfer to a platter.

Step 3

Toss the onions and fennel into the same pot, adding a bit more oil if needed and cook, stirring frequently until the onions are transparent, but not browned (7-10 minutes). Add the wine, bring to a simmer (not boil) and scrape and mix any residue from the bottom of the pot into the mix. Now add the pork (including bones), yams, caraway seeds, allspice, bay leaves, and chicken stock to cover it all.

Bring just to a simmer again, then cover and place in the oven for one hour **or** transfer to the slow cooker on high for three. At that point, add the pears and continue to cook until the meat is super tender (here again according to your taste) and the pears are softened, but not mushy. (oven about 45 minutes) slow cooker 3 hours on low.

Step 4

Remove bones and bay leaves from the pot* and stir in lemon juice. Let sit a minute or two, then serve the fragrant, steaming stew in warmed bowls. Pass the mustard and suggest a dollop.

EnJOY!

*I like to save bones. Mixing pork & beef bones from a chuck roast, chops, or steaks makes amazing broth when you cook it overnight in a crockpot with a little celery, onions and shredded carrot for sweetness.