

moroccan-style pork stew



ingredients

1 kg pasture-raised pork collar butt, cut into
3-4cm chunks
1 brown onion, diced
1/2 bunch celery, chopped
1 small sweet potato, roughly chopped
2 parsnips, roughly chopped
2 carrots, roughly chopped
8 button mushrooms, quartered
300g green beans (topped & tailed, halved)
2 tsp cumin
2 tsp coriander
2 tsp turmeric
2 tsp paprika
1 tsp salt
1/2 tsp cinnamon
2.5 cups broth
1/2 cup red wine

method

1. heat a large skillet to medium, add a tbsp EVOO or lard and brown the outsides of the collar butt chunks, in batches if required, then transfer to the bowl of your slow cooker.
2. add diced onion, chopped celery plus all the spices & salt to the pan and fry-off for 3 mins. transfer to the slow cooker
3. add the chopped carrots, parsnip, sweet potato, and mushrooms straight to the slow cooker.
4. add the broth and red wine to the slow cooker, cover and cook for 8 hours on low or 4 hours on high or until the meat starts to shred.
5. add the green beans at the end for 15 minutes so they just blanch through.
6. serve the pork stew with your choice of accompaniments – pictured here with creamy polenta, parmesan and fresh parsley.

