

GF Friendly

Pork Paprika

A rich-tasting pork and vegetable stew

This is pretty much like a standard stew with a hint of Hungarian goulash. Spices other than Paprika can be used, but do this in small increments and taste-test frequently to avoid overpowering the original flavour

300g diced pork
 1 onion, coarsely chopped
 1 stick celery, sliced across thinly
 1 cup-mushroom, coarsely chopped
 1 carrot cut across in thick slices
 2 tsps Paprika
 2 tsps chicken stock powder
 water
 ¼ cup red wine
 1 Tbsp olive oil, or other



In a reasonably large saucepan, warm the oil before adding the Paprika and give it a good stir. Next, put in the diced pork and stir-fry for about 8 minutes to sear and partially cook. Now, load in the rest of the ingredients, cover with water and bring to the boil, stirring occasionally; then turn down to simmer, cover and cook for 20 minutes, giving it a stir once in a while.

Raise the heat slightly and cook a further 20 minutes **partially covered**. It will most likely need more cooking time, but at this point the heat can be turned off to be restarted later when it can be given another 20 minutes uncovered on medium to finish and reduce the liquid just prior to serving.

Serves 4 with rice or noodles

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