

Pork Stew with Fennel, Carrots, Apples, Sweet Potato and Calvados Cream (Pressure Cooker)

My own concoction, 2013

Internet Address:



2 pounds pork shoulder, fat trimmed, cut in 1" chunks

1 1/2 teaspoons Herbes de Provence

2 tablespoons canola oil

6 ounces pineapple juice, or apple juice

1 1/2 cups water

2 whole Turkish bay leaves

6 sprigs fresh thyme, left whole

1 teaspoon Penzey's chicken soup base, or pork soup base, if you have it

Salt and freshly ground black pepper to taste

VEGETABLES:

1 large fennel bulb, trimmed, quartered

1 large sweet potato, peeled, cut in large pieces

2 small apples, peeled, cored, cut in wedges

10 ounces carrots, peeled, cut in chunks

CALVADOS CREAM:

1 whole shallot, peeled, finely minced

1 1/2 teaspoons Dijon mustard, French style

1/3 cup heavy cream

2 tablespoons Calvados (apple brandy) or regular brandy

2 tablespoons fresh chives, minced, for garnish

Servings: 4

1. Trim the pork of the bigger pieces of fat, if possible. Toss them with the dried herbs.
2. In a tall pressure cooker heat the oil and brown the pork pieces over medium heat. Don't crowd the pan (do this in 2 batches). Remove pieces to a plate.
3. Drain and discard the fat in the pan. Add pineapple juice, water, Bay leaves, fresh thyme sprigs, soup base and seasonings. Transfer the pork pieces back into the pan.
4. Bring the pressure cooker up to pressure and simmer for 13 minutes. Place under cold water tap to reduce heat quickly. Taste the pork to see that it's done - it should be just perfectly tender and juicy. If it's not, continue to pressure cook for 2-3 minutes at a time until the meat is cooked through but not dry. Remove meat from the pan and set aside.
5. Add the fennel, sweet potato, apples and carrots. Bring the pressure cooker back up to pressure and cook for 4 minutes. Again, place under cold running tap to cool quickly. Remove all the vegetables to another plate and set aside.
5. To the liquid in the pan (about a cup) add the shallot and Dijon mustard and cook over medium-high heat until the shallot is tender, about 3-4 minutes. Add heavy cream and cook for about 1 minute at a slow simmer. Add the Calvados brandy and stir in. Continue to heat until the mixture comes to a boil. Add the meat back into the pan and heat the meat slowly for about 2-3 minutes.
6. Divide the vegetables in 4 wide soup bowls. Divide the meat and Calvados cream over each serving and garnish with chopped chives. Serve immediately.

Per Serving (excluding unknown items): 699 Calories; 45g Fat (59.7% calories from fat); 32g Protein; 37g Carbohydrate; 7g Dietary Fiber; 148mg Cholesterol; 352mg Sodium. Exchanges: 1 Grain(Starch); 4 Lean Meat; 1 1/2 Vegetable; 1 Fruit; 0 Non-Fat Milk; 6 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>