

Pork and Chorizo Stew

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A lovely, simple stew that embodies all of the flavours of Spain. Serve this with some sliced toasted ciabatta or a soft white roll for a lovely, filling dish that's perfect for all the family. The pork shoulder breaks down when cooked, becoming wonderfully tender.

Ingredients:

850g pork shoulder steaks
250g chorizo sausage
2 tins of chopped tomatoes (800g)
1 red onion
4 garlic cloves
1 tbsp. smoked paprika
Salt and pepper
Handful of parsley
1 tbsp. flour
Olive oil

Directions:

1. Trim the pork of any fat or bones and chop into large chunks.
2. Toss the pork in the flour and season well. Dust off any excess flour and set the pork to one side.
3. Heat the oil in a large, deep frying pan and begin to brown the pork off in batches – you may need to do it in two or three. This means the pork will fry instead of steam.
4. Whilst the pork is browning, peel and mince the garlic cloves. Peel the onion and chop as finely as possible. Chop the chorizo into bite-sized cubes.
5. Once the pork is browned, set it to one side on a plate to rest.
6. Add the onion and garlic to the pan you just cooked the pork in and gently fry them until slightly browned.
7. Once browned, add the chorizo and cook for a few minutes.
8. Add the tomatoes along with the paprika and mix well. Bring the mixture to a gentle boil.
9. Once simmering, add the pork back into the pan along with 300ml of water.
10. Stir well, bring to the boil again and then cover with a lid or foil. Turn the stew down to a simmer and cook for at least an hour on the hob, or put into the oven on a very low heat (120C) and leave it for a couple of hours.
11. Serve hot with chopped parsley sprinkled over the top.

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