

Chef John39s Irish Pork Stew

Savannah · 28/09/2024



Prep Time

2 hrs 50 mins

Difficult

Medium

Servings

6

Description

This Irish pork stew is a variation of corned beef and cabbage And in case you didnt know corned beef and cabbage is not typically eaten on St Patricks Day in Ireland

Ingredients

- - 1 (2 ½ pound) boneless pork shoulder
- cut into 2-inch cubes - salt and ground black pepper to taste - 1 tablespoon vegetable oil - 1 tablespoon butter - 1 large onion
- chopped - 2 cloves garlic
- minced - 1 tablespoon all-purpose flour - 1 bay leaf - ¼ teaspoon caraway seed - 1 (12 fluid ounce) bottle dark beer (such as Guinness) - 2 cups chicken broth - 3 carrots
- cut into 1-inch pieces - 2 stalks celery
- cut into 1-inch pieces - ¼ cup chopped fresh flat-leaf parsley - 3 tablespoons balsamic vinegar - 12 Brussels sprouts
- halved - 3 cups mashed potatoes
- or as needed - 1 teaspoon chopped fresh flat-leaf parsley
- for garnish

Instructions

1. Season pork with salt and black pepper. Heat oil in a large pot over high heat. Working in batches
2. cook and stir pork in hot oil until browned on all sides
3. 5 to 10 minutes. Transfer pork to a bowl. Melt butter in the same pot over medium heat. Cook and stir onion in hot butter with a pinch of salt until onion is softened and translucent
4. 7 to 10 minutes. Add garlic; sauté until fragrant
5. about 30 seconds. Stir flour into onion mixture; cook and stir until flour is completely incorporated
6. about 2 minutes. Add bay leaf and caraway seed; cook for 2 minutes more. Pour in beer. Cook and stir until thickened
7. 1 to 3 minutes. Stir browned pork
8. broth
9. carrots
10. and celery into beer mixture; bring to a simmer. Stir 1/4 cup parsley and balsamic vinegar into stew; reduce heat to medium-low and simmer until pork is fork-tender
11. about 2 hours. Meanwhile
12. bring a large pot of lightly salted water to a boil. Cook Brussels sprouts in boiling water until almost tender
13. about 5 minutes. Drain. Stir Brussels sprouts into stew and simmer until heated through
14. about 5 minutes. Season with salt and pepper. Divide mashed potatoes between 6 bowls. Ladle stew over potatoes and garnish with 1 teaspoon parsley. Chef's Tip You can use baby cabbage instead of Brussels sprouts
15. which can be hard to find. No one will know the difference
16. mainly because there isn't one.