

# Irish Pork Stew



## Ingredients

1/3 cup / 80 mL all-purpose flour  
1 tsp / 5 mL salt  
1/4 tsp / 1 mL ground black pepper  
2 lb / 1 kg pork stewing cubes, well-trimmed  
1 Tbsp / 15 mL canola oil  
1 large yellow onion, coarsely chopped  
3 cloves garlic, minced  
1/2 cup / 125 mL beef broth  
1-12 oz / 355 mL can stout beer  
2 Tbsp / 30 mL red wine vinegar  
8 baby potatoes, quartered  
4 carrots, diced  
1 cup / 250 mL thinly sliced leeks  
1 tsp / 5 mL EACH caraway seed and dried thyme  
1 bay leaf  
Chopped fresh parsley for garnish  
Salt and ground black pepper to taste

## Directions

1. In large bowl, combine flour, salt and pepper. Dredge pork cubes in seasoned flour; shake off excess.
2. In Dutch oven, heat oil over medium-high heat. Brown cubes on all sides turning occasionally.
3. Add onion and garlic; cook and stir, about 5 minutes.
4. Add remaining ingredients; scraping brown bits from bottom of Dutch oven while stirring.
5. Bring contents to a boil. Cover. Reduce heat to low. Simmer for 1 to 1 1/4 hours or until meat is very tender, stirring occasionally.
6. Ladle stew into bowls; garnish with chopped parsley.
7. Season with additional salt and pepper according to taste.

## **Additional Info**

- **Cut:** Braising/stewing cubes
- **Prep Time (Minutes):** 30
- **Cook Time (Minutes):** 75
- **Number of Servings:** 8