

Green Chile Pork Stew

Serves 4 There are many variations of this famous dish, but this is a chunky one; add a little broth, if you like. Although it's not traditional, you may want to serve some sour cream on the side if the dish turns out very spicy.

- 1 tablespoon canola oil + additional, if needed
- 2 tablespoons flour
- 1 tablespoon kosher salt
- 1 teaspoon freshly ground black pepper,
- 1 1/4 pounds boneless pork shoulder, cut in 1/2- to 3/4-inch cubes
- 1/2 medium white onion, diced
- 2 cloves garlic, minced
- 4 cups low-sodium chicken broth
- 1 pound waxy potatoes, peeled and diced into 1/2-inch cubes
- 3 cups roasted, peeled and chopped New Mexico green chiles

Instructions: Add 1 tablespoon oil to a Dutch oven or other large heavy-bottom pot, and heat over medium-high heat. Combine flour, salt and pepper in a bowl. Add pork cubes and toss until lightly coated.

When the oil is hot, add half of the pork in a single layer, without crowding. Cook, undisturbed, until pork takes on a heavy sear, about 2-3 minutes. Turn and cook an additional 2-3 minutes. Use a slotted spoon to transfer the pork to a plate. Repeat with remaining pork.

Add onions and garlic to the oil remaining in the pot, adding more oil if the pot is dry. Season with a pinch of salt and pepper, and sauté until onions are translucent.

Pour in 1 cup of chicken broth, bring to a boil, and scrape the bottom of the pot to remove the browned bits stuck to the bottom. Once all the bits have been incorporated, add the meat and remaining broth. Bring to a boil, reduce to a simmer, and cover and cook for about 30 minutes or until the meat can be easily pierced with a fork. Stir occasionally.

Add the potatoes, return heat to a simmer and cook for about 10 minutes. Add chiles and simmer, gently, about 5-10 minutes, until potatoes are tender. Serve with flour tortillas or crusty bread.

Per serving: 526 calories, 36 g protein, 40 g carbohydrate, 26 g fat (8 g saturated), 99 mg cholesterol, 967 mg sodium, 4 g fiber.

Wine pairing: Beer is a no-brainer, but you could also try the 2009 Fetzer California Gewurztraminer (\$9), which has some sweetness to quell the chile heat.