



Chef John's Irish Pork Stew



Prep
25 m

Cook
2 h 25 m

Ready In
2 h 50 m



Albertsons
520 128th St SW Ste C2
EVERETT, WA 98204



Recipe By: Chef John

"I'm sure you've heard by now that corned beef and cabbage is not authentic St. Patrick's Day food. I decided to do a little mash-up and this Irish pork stew with baby cabbage was the result. By the way, baby cabbage can be a little hard to find, but you can use Brussels sprouts, and no one will know the difference, mostly because there isn't one."

Ingredients

1 (2 1/2 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
3/4 teaspoon caraway seed

1 (12 fluid ounce) bottle dark beer (such as Guinness(R))
2 cups chicken broth
3 carrots, cut into 1-inch pieces
2 stalks celery, cut into 1-inch pieces
1/4 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, or to taste

Directions

- Season pork cubes with salt and black pepper.
- Heat vegetable oil in a pot over high heat. Working in batches, cook and stir pork in hot oil until browned on all sides, 5 to 10 minutes. Transfer pork to a bowl and reduce heat to medium.
- Melt butter in the pot. Cook and stir onion with a pinch of salt in hot butter until onion is softened and translucent, 7 to 10 minutes. Add garlic; saute until fragrant, about 30 seconds.
- Stir flour into onion mixture; cook and stir until flour is completely incorporated, about 2 minutes. Add bay leaf and caraway seed; cook for 2 minutes more. Pour beer into onion mixture. Cook and stir until thickened, 1 to 3 minutes.
- Stir pork, chicken broth, carrots, and celery into beer mixture; bring to simmer. Stir 1/4 cup parsley and balsamic vinegar into stew, reduce heat to medium-low, and simmer until pork is fork-tender, about 2 hours.
- Bring a large pot of lightly salted water to a boil. Add the Brussels sprouts and cook uncovered until almost tender, about 5 minutes. Drain.
- Stir Brussels sprouts into stew and simmer until heated through, about 5 minutes. Season with salt and pepper to taste. Divide mashed potatoes between 6 bowls. Ladle stew over potatoes and top each with a pinch of parsley.

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**Kerrygold Pure
Irish Butter 8 Oz**
\$3.99 for 1 item -
expires in 2 days

**Loose Yellow
Onions 1 Lb**
\$0.88 for 1 item -
expires in 4 days

**Signature Kitchens
Reduced Sodium
Chicken Broth 32 Fl
Oz**
\$5.00 for 3 item -
expires in 2 days

Loose Carrots 1 Lb
\$0.88 for 1 item -
expires in 4 days

