

JAMAICAN JERK PORK STEW

1 ½	lbs	PORK BRAISING CUBES, well trimmed	0.750	kg
¼	cup	all purpose flour	50	mL
1	tsp	dried thyme leaves	5	mL
½	tsp	allspice	2	mL
¼	tsp	cayenne	1	mL
3	Tbsp	canola oil, divided	45	mL
5		cloves garlic, minced	5	
1	Tbsp	minced ginger root	15	mL
2	cups	fat free chicken broth	500	mL
1	cup	water	250	mL
2	Tbsp	low sodium soy sauce	25	mL
1	Tbsp	brown sugar	15	mL

Combine flour, thyme, allspice and cayenne. Use to coat pork cubes. Reserve remaining flour mixture. Heat 1 Tbsp oil in a nonstick skillet over medium heat. Add pork cubes in batches; brown on all sides, adding another 1 Tbsp/15 mL oil as required. Remove to a saucepan. Meanwhile, chop onions, separating white and green parts. Heat remaining 1 Tbsp/15 mL oil in skillet. Add white onions to skillet with garlic and ginger. Saute 2 minutes. Add reserved flour mixture; blend well. Add chicken broth and water. Bring to a boil, scraping up any browned bits. Add soy sauce and brown sugar. Pour over meat in saucepan; stir to combine. Cover and simmer 45 – 60 minutes, until pork is tender. Add green onions. Simmer 5 minutes more.

YIELD: 6 servings



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