FLEURISH / DOCTOR'S KITCHEN

Pork & poblano stew

a cozy, slow-simmered bowl

Roasted poblanos and tender pork in a rich tomato broth.



Serves 4 **Prep 20 min** **Shoulder: ~2 hr total** **Loin: ~1 hr 10 min**

INGREDIENTS

- ☐ 1 1/2 lb boneless pork shoulder (or loin), cubed
- ☐ 2 large poblanos (or 3 medium)
- ☐ 1 large onion, diced
- ☐ 4 garlic cloves, minced
- ☐ 2 tsp ground cumin
- ☐ 1 1/2 tsp dried oregano
- ☐ 1 can (28 oz) diced tomatoes, with juice
- ☐ 1 1/2 cups water (or low-sodium broth)
- ☐ 1 tbsp oil plus 1 tsp
- ☐ 1 1/4 tsp kosher salt, divided, plus more to taste
- ☐ 1/2 tsp black pepper, optional

LET'S COOK

☐ **1. Char the poblanos**

Broil whole peppers about 4 inches from high heat, turning every 3 to 4 minutes, 8 to 10 minutes total, until skins blacken. Cover in a bowl 10 minutes; peel, remove stems and seeds, and dice. Turn off broiler.

☐ **2. Brown the pork**

Trim thick fat; cut pork into 1 1/2 inch cubes. Dry and season with 3/4 tsp salt and pepper. Heat 1 tbsp oil in a heavy pot over medium-high. Brown in two batches, 3 to 4 minutes per side; set aside.

☐ **3. Build the broth**

Add 1 tsp oil; cook onion over medium heat 5 to 6 minutes. Stir in garlic, cumin and oregano for 30 seconds. Add tomatoes and water; scrape up browned bits. Add poblanos, pork and juices, and remaining 1/2 tsp salt.

☐ **4. Simmer gently**

Bring to a boil; reduce to low and partly cover. Shoulder: simmer 1 1/4 to 1 1/2 hours until fork-tender, stirring every 20 minutes. Loin: simmer 30 to 35 minutes; a thermometer in the thickest chunk must read at least 145 F. Rest at least 3 minutes.

☐ **5. Finish & serve**

Add a little water if thick; uncover the last 10 minutes if watery. Adjust salt, turn off heat and rest 5 minutes. Serve about 1 1/2 cups per bowl.

Use mitts; wash hands, knife and board after raw pork. Refrigerate in shallow containers within 2 hours; eat in 3-4 days or freeze up to 3 months. Reheat until steaming hot.