

Pork and Apple Stew

Fresh Ways with Soups & Stews
Time-Life Books

Servings: 4

2 tablespoons safflower oil
1 pound boneless pork shoulder, fat
trimmed away, the meat cut into
1-inch chunks
1 onion, sliced
3 tart apples, two cut into large
chunks, one cored and thinly sliced.
1 teaspoon dried sage
1/4 teaspoon salt
freshly ground black pepper
3 cups unsalted brown stock
1 ripe tomato, peeled, seeded and
chopped

Preparation Time: 30 minutes

Heat one tablespoon of the oil in a heavy-bottomed pot over medium-high heat. Add the pork and onion and saute' them until the pork is lightly browned and the onion is translucent - about 5 minutes. Add the apple chunks, sage, salt, a generous grinding of pepper and the stock.. Reduce the heat to maintain a simmer, then cover the pot and cook the stew until the pork is tender - about one hour.

Remove the pork from the pot and set it aside. Carefully skim as much fat from the surface of the liquid as you can. Puree' the apple chunks and onion with their cooking liquid in several batches in a food mill. (Alternatively, puree' the mixture in a food processor, then press the puree' through a fine sieve with a wooden spoon.) Return the puree' and the pork to the pot and heat the stew over medium-high heat.

While the stew is heating, pour the remaining tablespoon of safflower oil into a heavy-bottomed skillet over medium-high heat. Add the uncooked apple slices and saute' them until they are lightly browned. Stir the apple slices and the chopped tomato into the hot stew and serve the dish at once.

Start to Finish Time: 1 hour 45 minutes

This stew may be prepared up to 24 hours in advance, but the apple slices must be saute'ed and added just before serving.

Per Serving (excluding unknown items): 124 Calories; 7g Fat (48.8% calories from fat); 1g Protein; 16g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 139mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1/2 Fruit; 1 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	124
% Calories from Fat:	48.8%
% Calories from Carbohydrates:	48.4%
% Calories from Protein:	2.8%
Total Fat (g):	7g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	5g
Cholesterol (mg):	0mg
Carbohydrate (g):	16g
Dietary Fiber (g):	3g
Protein (g):	1g
Sodium (mg):	139mg
Potassium (mg):	237mg
Calcium (mg):	15mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	12mg
Vitamin A (i.u.):	256IU
Vitamin A (r.e.):	25RE

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	11mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2
Fruit:	1/2
Non-Fat Milk:	0
Fat:	1 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	124	Calories from Fat: 61
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% Daily Values*

Total Fat	7g	11%
Saturated Fat	1g	4%
Cholesterol	0mg	0%
Sodium	139mg	6%
Total Carbohydrates	16g	5%
Dietary Fiber	3g	11%
Protein	1g	

Vitamin A	5%
Vitamin C	20%
Calcium	1%
Iron	2%

* Percent Daily Values are based on a 2000 calorie diet.