

Caraway-Spiced Pork with Parsley Potatoes

40–45 Min

Preparation

1. In 50 grams of melted pork fat, fry a large onion, chopped medium-fine, until yellow in color. Then add ½ kilogram of thickly cut lean pork, salt to taste, a good pinch of cumin, a little ground pepper, a crushed clove of garlic and 1 to 2 tablespoons of tomato paste.
2. Cover and allow to steam in its own juices until the meat is tender but firm.
3. Now sprinkle over a tablespoon of flour, stir thoroughly and add water as required to create a smooth, runny sauce. Stew the caraway-spiced meat in this sauce until fully cooked.
4. Serve with salted potatoes or parsley potatoes: cut 1 kilogram of peeled potatoes into quarters and wash in cold water, add salt to taste and a good pinch of caraway and cook, partially covered, in cold water.
5. Once the potatoes are tender but firm, drain the water and leave to steam, fully covered, until completely soft and somewhat dry.

HINT: For delicious parsley potatoes, combine a bunch of chopped parsley with one tablespoon of butter and add to the salted potatoes.

Ingredients 4 Portions

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50 g	Pork fat
500 g	Pork, lean
1 pcs.	Onion, finely chopped
1	Garlic clove
1 tbsp.	Flour
1.5 tbsp.	Tomato paste or tomato concentrate
	Water, as required
2 tbsp.	Caraway, Whole
1 pinch	Archive: Table Salt
1 pinch	Pepper Black, Ground

For the parsley potatoes

1 kg	Potatoes
1 tbsp.	Caraway, Whole
	Archive: Table Salt
1	Bunch of parsley, chopped