



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

♦ = Kotányi Produkte

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	♦ Table Salt
1 pinch	♦ Pepper Black, Ground

For the parsley potatoes

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

