



# Caraway-Spiced Pork with Parsley Potatoes

⌚ 40—45 Min ♡ ♡ ♡

## Preparation

### 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 |

- 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.

