



RECIPE OF THE WEEK: 28/11/2022
Hirino Krasato
(Pork in White Wine from Kalamata)

This dish is easy to prepare using a few ingredients but the end result is delicious and unforgettable. There are many alterations to prepare the pork dishes in the Greek cuisine, from pork with lemon sauce, the Cypriot afelia which is marinated pork sauteed with crushed coriander seeds and red wine.

Other pork dishes are made with red wine and apricots, pork cooked with leeks and wine and pork with celery and egg and lemon sauce. They are all equally delicious and satisfying.

Ingredients
(Serves 4)

3 tbsp olive oil
150g unsalted butter
2 large onions, finely chopped
2 garlic cloves, crushed
1.3kg lean pork, cut into pieces, 5cm long
150ml dry white wine
500ml water or vegetable stock
A small handful of fresh sage, finely chopped
sea salt and freshly ground black pepper
To garnish
a small bunch of fresh flat-leaf parsley, finely chopped



Method

1. On a medium heat, in a large frying pan with a heavy base, heat the oil and 15g of butter until foaming and fry the onion for 3 minutes until translucent. Sauté the garlic for a further 1 minute. Add the pork, stirring occasionally and sauté for 10 minutes until golden-brown.
2. Transfer the onion, pork and the juice into a large heavy casserole. Increase the heat and add the wine and cook on a high heat for 3 minutes for the alcohol to evaporate.
3. Add the water or vegetable stock and sage and season generously with salt and pepper. Turn the heat down and simmer for 45-50 minutes until the meat is tender and the sauce thickens.
4. Occasionally add some hot water or vegetable stock, if needed.
5. Garnish with parsley and serve with potatoes or rice.