



RECIPE OF THE WEEK: 24/05/2021

Hirino Me Prasa (Pork with Leeks)

This is a dish where the combination of pork and leeks makes an excellent stew. Other combinations of pork with selino (celery) and andidia (curly endive) with avgolemono (egg and lemon sauce) are traditional stew dishes.

Leeks were once used interchangeably with onions, but they are more delicate than onions. The ancient Greeks used them a lot for their onion flavour. Leeks give a more subtle flavour for broth and therefore is sometimes called the "king of the soup".

Leeks can be used as a vegetable which accompanies other meat and fish dishes. It is excellent simmered in butter, stewed in red wine, lightly sauteed and then cooked in a tomato sauce. It maybe cooked and eaten cold with a vinaigrette sauce. In Greek cuisine a leek pie, (prassopitta) is a very popular dish.

When recipes ask for chopped leeks all you do is put the chopped leeks in a colander set in a bowl and place them under running cold water until all the grit settles at the bottom of the bowl. When recipes ask for sliced leeks it is prudent to loosen the leaves gently so that the water can run right into the vegetables.

When you buy leeks examine them and make sure the white part is firm and smooth and the green part is fresh and very green.

Serves 4

Ingredients

5 tbsp olive oil
1 medium onion, finely chopped
1kg lean boneless pork cut in 3cm cubes 2 tbsp finely chopped celery leaves
1 tbsp finely chopped fresh flat-leaf parsley
1 tbsp tomato puree dissolved in 350ml water
750g thin leeks, the white parts only, washed and trimmed Sea salt and freshly ground black pepper



To garnish:

A small handful of finely chopped fresh flat-leaf parsley.

Method

1. Heat the olive oil in a large heavy based saucepan and fry the onion for 2-3 minutes or until soft and translucent.
2. Add the meat and fry over medium heat for 5 minutes, stirring frequently until golden brown.
3. Add the celery, parsley, tomato puree dissolved in water and seasoning.
4. Cover and cook over medium heat for 45 minutes, stirring occasionally.
5. Cut the leeks into 3cm pieces and soak them in hot salted water for 10 minutes to get rid of their onion taste.
6. Strain them in a colander. Add the leeks in the saucepan and mix in with the meat.
7. Cook over medium heat for a further 15 minutes until the meat is tender and the sauce thickens.
8. Serve with crusty bread and chilled dry white wine.