

**Afelia****(Pork with Wine and Coriander)****Serves 4**

Afelia is a traditional Cypriot dish consisting of small fried pieces of pork which are then pan-fried with dry red wine and coarsely grounded coriander.

The word afelia comes from the ancient Greek word ovelia which is a corrupt word for avelia which has the meaning of cooked meat on a skewer.

Ingredients

- 1 kg. pork fillet or boneless leg
- 2 tbsp coriander seeds
- 2 bay leaves
- 300 ml red wine
- 1 stick cinnamon 5cm. long (optional)
- ½ tsp of artisia (cumin) (optional)
- 4 tbsp olive oil
- Sea salt and freshly ground black pepper
- To garnish
- A handful of fresh coriander roughly chopped.

**Method**

1. Cut the pork into small cubes about 2cm long, discarding any excess fat.
2. Crush the coriander seeds coarsely with a pestle and mortar or alternatively put them in a towel, wrap the towel around them and crush them using a rolling pin.
3. In a large bowl, mix the pork with the crushed coriander, wine and cinnamon and artisia if using, and leave to marinate for at least 4 hours or overnight.
4. When you are ready, take the meat out of the marinade with a slotted spoon and drain on kitchen paper. Keep the marinade to use later.
5. Heat the oil in a heavy-based saucepan and fry the cubes of meat, a few at a time, until golden brown.
6. Add the marinade and add enough water to cover the meat and then bring to the boil.
7. Add seasoning to taste and cook over a low heat with the pan covered for about 30-35 minutes or until the meat is tender. The liquid should have almost evaporated leaving behind a thick sauce.
8. Serve on warm plates and garnish with freshly chopped coriander.
9. Afelia is usually accompanied by bulgur pilaf (cracked wheat pilaf) or patates antinaktes (cracked potatoes with red wine and coriander).

Notes

1. Instead of cooking afelia in a saucepan over a flame, you may transfer it to the middle shelf of the oven and cook it at 180C/160C fan/gas 4, for 40-45 minutes or until the meat is tender.
2. An alternative way of preparing the afelia without meat, is to follow the same method using mushrooms, potatoes, artichokes or cauliflower. The common denominator here, is the abundant use of cracked dry coriander. The vegetable version of afelia goes well with any dish comprised of meat, poultry or fish.