

## Trinidad Brown Pork Stew

Yield: 4-6 servings

### Ingredients:

½ C Green seasoning (see recipe below)  
2 # Pork stew meat, cubed  
2 oz. Oil  
1 oz. Brown sugar, dark  
1 C Coconut milk  
1 t. Pork or Beef Base  
1 Habanero chile, minced

### Green seasoning:

1 C Onion, chopped  
4 Garlic cloves, minced  
1 C Cilantro, chopped  
¼ C Thyme leaves, loosely packed  
3 Scallions, sliced  
4 Black peppercorns  
Water or vinegar as needed

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Served with: rice pilaf, pasta, etc.

### Method:

1. *For the green sauce:* Combine all of the items in a food processor; add water or vinegar as needed to blend well. (Use vinegar if holding for a long period of time.)
2. Season the pork stew meat with the green sauce. Marinate for at least 3 hours.
3. Heat the oil in a pot; when hot, add brown sugar and blend. Add the meat to brown.
4. Brown the meat well on all sides.
5. When brown, add coconut milk, Pork or Beef Base, and desired amount of Habanero chile.
6. Bring to a simmer; add a small amount of water if necessary. Cook until tender; remove and serve with rice and beans.

\*\*\* Can be made ahead of time to allow flavors to meld together and then reheated for meal.