

AFELIA

(Pork chunks in red wine and coriander seeds sauce)

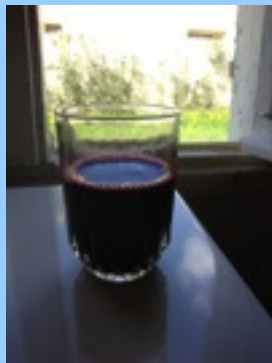
Ingredients



boned lean pork,
diced



salt



200 ml red wine



freshly ground
black pepper



coriander seeds



1 stick cinnamon

□



sunflower oil □

Equipment



sause pan



dish



Fork



Bowl

Step 1

Marinate the meat in the wine and spices for at least 4 hours overnight if possible



Step 2



Lift the meat out and save the marinade for later. Heat the oil in a heavy based pot.



Step 3



Brown the cubes of meat, a few at a time, until all are crisp and brown. Add more oil if necessary.



Wipe any excess oil from the pan and return all the meat, pour over the marinade and add enough cold water to just cover the meat. Cover the pot with a lid and cook gently, either in the oven or on the hob for about 30 minutes or until the meat is tender. □

Step 4



Enjoy your afelia with some bread, yogurt and rice or potatoes.