Jamaican Pork Stew

Ingredients

¼ cup / 50 mL all-purpose flour
1 tsp / 5 mL dried thyme leaves
½ tsp / 2mL ground allspice
¼ tsp / 1 mL cayenne pepper
1 pork shoulder blade roast, boneless, about 1½ lb / 0.75 kg, cut into 1-inch / 2.5 cm cubes
3 Tbsp / 45 mL canola oil, divided
2 cups / 500 mL chopped yellow onion
4-5 cloves garlic, minced
1 Tbsp / 15 mL minced ginger root
2 cups / 500 mL sodium-reduced chicken broth
1 cup / 250 mL water
2 Tbsp / 30 mL sodium-reduced soy sauce
1 Tbsp / 15 mL packed brown sugar
1 large sweet potato, peeled and cut into 1” / 2.5 cm cubes
1 cup / 250 mL frozen green peas
Salt and ground black pepper to taste

Directions

1. In small bowl, combine flour, thyme, allspice and cayenne pepper. Coat pork cubes with flour mixture. Reserve remaining flour mixture.
2. In Dutch oven, heat 1 Tbsp oil over medium-high heat. Add pork cubes in batches. Brown on all sides, adding oil as required. Remove browned cubes to a clean plate.
3. Add onion, garlic and ginger. Sauté 2 minutes.
4. Add potato cubes and sprinkle with reserved flour mixture. Stir to combine.
5. Stir in chicken broth and water. Bring to a boil, scraping up browned bits from bottom of pot.
6. Add soy sauce and brown sugar; stir to combine.
7. Return pork cubes to pot. Stir. Reduce heat, cover and simmer 45 minutes more, or until pork is fork tender.
8. Add peas during last 15 minutes of cooking.
9. Season stew with salt and pepper according to taste.

Additional Info

- **Cut:** Roasts
- **Prep Time (Minutes):** 40
- **Cook Time (Minutes):** 75
- **Number of Servings:** 4-6