

Carolina Pork, Sweet Potato, and Apple Stew

Servings : 6

Amount	Measure	Ingredient - Preparation Method
2	pounds	boneless pork shoulder - 1" cubes
1/4	cup	all-purpose flour
3	tablespoons	butter
1	large	onion - chopped
1		celery rib - chopped
1		granny Smith apple - cored and thinly sliced
1/4	teaspoon	dried sage - crumbled
1	cup	dry red wine
		salt and pepper
		beef broth
2		sweet potato - peeled and cut into large cubes

On a plate dredge cubes in flour, tapping off excess. In a large, heavy pot, heat 2 tablespoons of butter over moderate heat, brown the pork on all sides, and transfer to a bowl. Heat remaining 1 tablespoon butter in pot, add onion and celery, and stir till softened, about 5 minutes. Return pork to pot, add the apple, sage, wine, salt and pepper and enough broth to cover. Bring to a gentle simmer, cover and cook till the pork is almost tender, about 1 hour. Add the potatoes, stir, return to a simmer, and cook till tender, about 30 minutes.