

**COOKING  
SKILLS  
ACADEMY**

# *Country Style Pork Stew with Seasonal Vegetables*

## **INGREDIENTS:**

- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 pound country style ribs
- 2 or 3 tablespoons fat or oil
- 1 onion, diced
- 1 carrot, scraped and cubed
- 1 parsnip
- 1 rutabaga
- 1 bay leave
- 1/2 cup red wine
- 1 cup beef stock
- Other vegetables as desired

## **DIRECTIONS:**

1. Season meat with the salt and pepper then brown meat on all sides in the hot fat or oil. Set on a plate.
2. Add the onions, cook until translucent.
3. Add the carrots, rutabaga, parsnip, and give some color.
4. Add red wine and reduce half way, add beef stock and bay leave.
5. Simmer, until meat is fork tender