

Pork and Apple Stew



3 lbs pork butt, cut into 1 inch cubes
3 tbsp canola or grapeseed oil
1 fennel bulb, diced
2 medium onions, diced
½ small head of green cabbage, chopped
½ cup dry white wine
1 cup apple cider
3 cups chicken broth
3 granny smith apples, peeled and chopped
2 bay leaves
2 whole sprigs fresh rosemary or 1 tbsp dry
2 sprigs flat leafed parsley
kosher salt
Freshly ground black pepper

Heat the oil over medium high heat in a Dutch oven or heavy bottom pot. Season the pork with salt and pepper. Working in batches to avoid overcrowding, brown the pork pieces on all sides. Remove the pork, reduce the heat to medium, and add the fennel, onions and cabbage to the pot. Sauté the veggies in the pork dripping for about 5 minutes. Add the wine to deglaze, scraping up any brown bits off the bottom of the pot. Cook for a few minutes more. Return the pork pieces to the pot along with the apple cider, chicken broth, Apples, bay leaves, rosemary and parsley. Bring to a boil over high heat, then reduce heat to low, cover, and simmer for 1½ hours, stirring occasionally. Remove the rosemary, bay leaves, and parsley sprigs before serving.