

BEANS WITH SMOKED PORK CHOP AND BROWN SAUCE

Total time of preparation: 1,30 h

Main ingredients

1,200 g of smoked pork chop
1000 g of dried white beans

Vegetables and spices

400 g of sliced carrots
400 g of chopped white onion
100 g of tomato paste
250 g of parsnip
80 g of red pepper powder
several medium laurel leaves
¼ tsp of pepper
½ tbsp of salt

Brown sauce with tomatoes lezon

1 diced sweet red pepper
150 g of white onion
5 garlic cloves, pressed/finely chopped
100 g peeled, finely chopped tomatoes
150 sunflower oil,
1 tbsp kapia tomato purée,
250 g all-purpose flour,
400 g plain cold water

Decorative ingredients

Parsley
White onions sliced and separated into rings.

Method

Preparation of beans and pork chop

1. Put beans in warm water to soften for 2 hours.
2. Put pork chop in a pressure cooker. Add salt and laurel leaves. Bring it to full pressure over high heat. Reduce heat and leave it to boil for 25 minute or until meat can be boned.
3. In a pot with cold water, put beans to boil for at least 30 minutes. Remove water.
4. To the half-boiled beans add water to cover, vegetables (carrots, onion, tomato paste, parsnip) and leave them boil until vegetables are tender.
5. When the chop is done pour the liquid over in the beans and vegetable pot and boil for 10 minutes longer or until thickened.

Preparation of the brown sauce with tomatoes lezon

1. In a frying pan, heat oil, then sauté the chopped red pepper and onion, garlic, tomatoes. Stir constantly till tender.
2. Remove from heat. Cool to room temperature and blend.
3. Mix flour, kapia tomato puree, and water. Then simmer for 3 minutes, stirring gently, to thicken.

4. Stir the tomatoes lezon into the brown sauce and simmer over medium heat until sauce to reduce quantity and concentrate taste.

Mix the thickened beans with the resulted sauce, and simmer for 3 minutes. Season with salt and pepper.

Transfer to a heated serving bowl.

Cut the chop into slices and place it atop the beans.

Decorate with parsley and onions sliced into rings.

Serve as such.

Makes 6-8 servings