



CYPRIOT BRAISED PORK WITH BULGUR

10 min 5 h 5 min easy 4 portions

INGREDIENTS

2 tbsp coriander
1000 g pork, with or without bone (neck, thigh or bacon), cut into pieces (5 cm)
200 g dry red wine
80 g olive oil
100 g onion, cut into quarters
400 g chopped tomatoes, canned
250 g tomato passata
70 g tomato paste
1 tsp sugar
1 tsp homemade vegetable stock paste
1 tsp salt
½ tsp pepper
350 g water
350 g bulgur

PREPARATION

1. Place coriander into mixing bowl and chop **5 sec/speed 5**. Transfer into a bowl and set aside.
2. **Insert butterfly whisk**. Place a bowl onto mixing bowl lid, weigh in pork, add wine, 1 tbsp coriander, mix and set aside to marinate for at least 4 hours. Strain pork through simmering basket reserving marinade into a bowl underneath and set both aside.
3. Place 40 g olive oil into mixing bowl and sauté **2 min/120°C /speed 1**.
4. **Insert butterfly whisk**, add pork, remaining 1 tbsp coriander into mixing bowl and sauté **8 min/120°C/reverse/speed 1**. Remove butterfly whisk.
5. Add reserved marinade and cook **10 min/100°C /reverse/speed 1**. Strain pork in Varoma and keep liquid into a bowl. Set both aside.
6. Place remaining 40 g olive oil and onion into mixing bowl, chop **5 sec/speed 5** and sauté **3 min/120°C /speed 1**.
7. Add tomatoes, tomato passata, tomato paste, sugar, vegetable stock paste, salt, pepper and chop **10 sec/speed 6**. Add reserved liquid, water, place simmering basket into position, weigh in bulgur, place Varoma into position and steam **30 min/Varoma/speed 1**. Transfer pork with bulgur into a serving dish and pour over sauce from mixing bowl.
8. Mix gently and allow to absorb marinade before serving.

USEFUL ITEMS

serving dish