

The Chef's Table

Pork Soup

1 ½ Pounds Pork Loin trimmed and cubed
1 tablespoon Pig Skin
1 tablespoon Salt
½ teaspoon Pepper
2 Stalks celery, chopped
½ Large Sweet Onion, chopped
1 teaspoon Sugar
1-2 Lbs. Yukon Gold Potatoes cut into bite sized cubes
2 Large carrots peeled and chopped
1 24oz. Can peeled and diced tomatoes with juice
1 Cup Kidney beans soaked and 90% cooked
4 Cup chicken stock
3 Cloves chopped garlic
½ Cup white wine
1 teaspoon cumin
Olive oil
Flour for roux

Soak kidney beans overnight, drain and rinse. Cover with water plus about one-half inch more, add about 2 teaspoons of salt. Bring to a boil, reduce heat and simmer until the beans are just about soft and ready to burst. Drain and reserve the bean liquid. Place beans in the refrigerator to quickly cool and stop the cooking process. (NOTE: DO NOT rinse beans!)

Meanwhile, cube the pork into bite sized pieces, about ¾" to ½" cubes. Season the meat with Pig Skin, remaining salt, pepper and cumin and toss to coat. Set aside and allow to rest for at least ten minutes. Meantime chop the vegetables, place in bowls and prepare your pre-measured liquids for ease of assembly. After chopping the onion add the sugar, toss and set aside.

Heat a large stock pot over medium to medium high heat. Add enough olive oil to coat the bottom and add the meat. Brown meat, about five to ten minutes cooking time and remove with a slotted spoon to a bowl and set aside. If there is little to no oil left in the stock pot add another one or two tablespoons of olive oil to the pot then add the onion, carrot and celery (a Meripoix) and a little salt and pepper to taste. Sweat these vegetables until just limp and then add the garlic and sweat for about another minute or less. Add enough flour to make a roux with the remaining oil (about 1-2 tablespoons).

Deglaze the pot with the white wine then return the meat to the pot along with the tomatoes, potatoes, beans and chicken stock. Bring the soup to a boil and then reduce heat, cover and simmer for forty-five minutes to an hour or until vegetables are tender. Add the bean liquor for additional liquid if needed.

This is another recipe that is great with an artesian bread.