KitchenBooQ

Afelia (Coriander Braised Pork)

Serves: 4 | Cooking Time 1 hour 15 minutes | Level: Easy



INGREDIENTS

2 lbs (900 g) boneless pork shoulder, cut into 1-inch chunks
3 tbsp (45 ml) olive oil
2 tbsp (12 g) coriander seeds, lightly crushed
6 cloves garlic, minced
1/2 cup (120 ml) white wine vinegar
1/2 cup (120 ml) water or dry white wine
1 tsp salt
1/2 tsp black pepper
1 bay leaf
1 lb (450 g) new potatoes, halved
Steamed rice or crusty bread, for serving

Notes
Store leftovers in an airtight container in the refrigerator within two hours of cooking; keep refrigerated for up to 4 days. For longer storage, freeze for up to 3 months and reheat gently on the stovetop with a splash of water to restore moisture. Never leave cooked pork at room temperature for more than two hours to prevent bacterial growth. The coriander seeds can be lightly toasted in a dry pan before crushing for a deeper, nuttier flavor. For a richer sauce, substitute half the vinegar with dry red wine.

PREPARATION

1. Pat the pork chunks dry with paper towels and season generously with salt and pepper.

2. Heat olive oil in a large Dutch oven or heavy-bottomed pot over medium-high heat. Working in batches to avoid crowding, sear the pork on all sides until golden brown, about 8-10 minutes total. Remove and set aside on a plate.

3. Reduce heat to medium-low. Add the crushed coriander seeds to the same pot and toast for 30 seconds until fragrant. Stir in the minced garlic and cook for another minute until aromatic, being careful not to burn it.

4. Return the pork to the pot along with any accumulated juices. Pour in the white wine vinegar and water (or white wine), scraping up any browned bits from the bottom of the pan. Add the bay leaf.

5. Bring the liquid to a gentle simmer, then cover tightly with a lid. Reduce heat to low and braise for 50-60 minutes, turning the pork pieces halfway through, until the meat is fork-tender and falling apart.

6. Uncover and increase heat to medium-high to reduce the braising liquid into a thick, glossy sauce, about 5-8 minutes. Remove the bay leaf. Taste and adjust seasoning if needed.

7. While the pork finishes cooking, toss halved potatoes with olive oil, salt, and pepper, then roast at 400F (200C) for 30-35 minutes until golden and crispy.

8. Serve the afelia hot over steamed rice or alongside the roasted potatoes, spooning the rich coriander sauce generously over everything.