

# Pork tenderloin stew “Francesco Cinzano”



Original photos, text & recipe by Dr. John K. Scariano

# Ingredients



# Ingredients

- 2 pounds pork tenderloin sliced into stew-sized pieces
  - 6 large carrots
  - small gourmet potatoes (1 bag)
  - small purple onions (1 bag)
  - 2 boxes of Green Giant® frozen peas in butter sauce
  - 2 small cans water chestnuts
  - 2 tablespoons Better than Bouillon®
  - 1,500 mLs Cinzano Sweet (Red) Vermouth
  - 2 cloves garlic
  - $\frac{1}{4}$  cup peanut oil
  - $\frac{1}{2}$  cup arrowroot
  - 6-10 bay leaves
  - 1 tsp. celery seed
  - salt and pepper



# Getting started

- This will take about 2-3 hours to make and should feed at least six hungry people. Like all stew, it's better the next day.
- Doesn't need much else as a complete balanced meal, except maybe some fresh Ciabatta bread.
- Serve this with chilled Amontillado sherry in the short days around the holiday season for a bane to seasonal affective disorder.



# Getting started...

First, lightly brown the pork tenderloin pieces in peanut oil and crushed garlic. Only cook the meat for a few minutes as it will be fully cooked later.





This is all the cooking it needs for right now...

Turn the heat off and let the pork sit in the drippings.

Time to peel and slice the carrots into large stew-sized chunks.  
Don't peel, but slice the potatoes too.

Place the carrots, bay leaves and potatoes into the bottom of a heavy quality stew-pot. Dump the pork and all of the drippings on top as shown below and cook the vegetables under the meat (covered) over low heat for 12-15 minutes.



12-15  
minutes  
is break-  
time for the  
chef.

May I  
recommend  
a cocktail  
while we  
wait...???



## Pear vodka tonic:

1 oz. Absolut Pears vodka  
1 oz. Campari  
2 oz. tonic water

Serve on ice





Peel the small onions. This is the most onerous part of the entire job.

Once the potatoes & carrots have tenderized a little, pour in an entire 750 mL bottle of Cinzano into the pot and add the onions and water chestnuts.

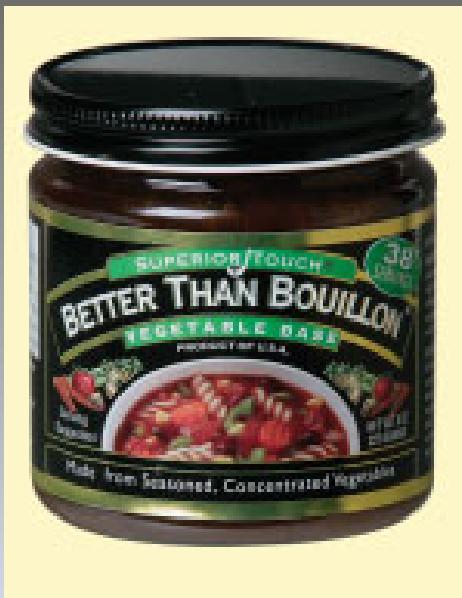


Throw in the partially defrosted frozen peas and stir in the bouillon. Cover and cook for 10 minutes on low heat, stirring occasionally.





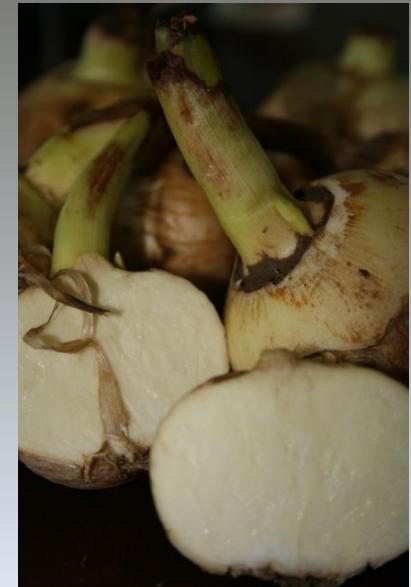
A word about the peas before we go on. Snicker if you may, but this will make or break the dish. There's something in all of that partially hydrogenated processed butter-sauce goop in this stuff that adds something to the stew that I can't reproduce otherwise. Take my word.



This is the kind of bouillon you want to use.



Now it's time to prepare the arrowroot, a sauce-thickener. If you've never used St. Vincent arrowroot, then get ready to abandon corn-starch and flour forever for your gravies. A friend of mine from Guam introduced me to the powdered root, which is a kind of starch that is used not only for teriyaki, but can also absorb and neutralize ingested toxins.



Turn off the heat to the stew and let it cool down for 20 minutes. To  $\frac{1}{2}$  cup of arrowroot powder add  $\frac{1}{4}$  of cold water and whisk so that the powder is suspended in solution, as a chemist would say. When the stew has cooled a bit, add the arrowroot suspension slowly, with stirring. When the suspension has been stirred in, add the celery seed, salt and pepper to taste. Pour in another 500 mLs of vermouth. Turn the heat back on low and in 10-15 minutes the sauce should thicken. If the arrowroot is added dry to a very hot stew, it will quickly coagulate into undesirable lumps.









Serve with a bay leaf garnish.

Mangiamo bene qui, how 'bout you?