



PORK BRAISED WITH RED WINE AND CORIANDER

(Afelia Kyprou)

Rich and simple, this is a great dinner party choice.

2 pounds lean boneless pork, cut into 2-inch cubes
2 cups dry red wine
2 tablespoons coriander seeds, crushed in a spice mill
1/3 cup Krinos Extra Virgin Olive Oil
Salt and freshly ground black pepper, to taste

Place pork in a sealable container with 1 1/2 cups of wine, and 1 tablespoon crushed coriander seeds. Cover and marinate overnight.

Remove pork from the marinade and pat dry. Do not discard the marinade. Heat the olive oil in a large deep skillet and brown pork, turning on all sides. Pour in marinade, remaining wine, and enough water to cover the meat. Season with salt and pepper, cover pot, and simmer for about 2 hours over low heat, or until pork is very tender. About 20 minutes before removing pork from heat, add remaining coriander seeds. Serve hot.

Yield: 6 servings