



Pork Stew with Tomatoes

NIBBLEDISH CONTRIBUTOR

Ingredients

- 5 Garlic cloves, crushed and chopped
- 1 Red onion, cut in 4 halves
- 1 Plump red tomato, cut in 4 halves
- 350g Pork tenderloin, cut in chunks
- 1 cup Water
- 1 cup Tomato sauce
- 2 tbsp Cooking oil
- 2 tbsp Fish sauce
- 1 tsp Salt
- 3 tsp Freshly ground peppercorns (ground peppers may do, if no pepper grinder)
- 2 pinches Cayenne powder

Instructions

1. We season the pork with a tbsp of freshly grounded pepper corns or pepper powder.
2. With a wok or a deep pan, saute' the garlic in hot oil. When the garlic turns golden, fry the pork on all sides. Season the dish with 1 tbsp fish sauce. When the pork cooks, put the onions, tomatoes, carrots and potatoes in. Season the dish with rest of the pepper powder and salt.
3. Cover and let the dish simmer under low heat. When the onions cook, put water. Allow to boil for 30 minutes. Do not stir.
4. By this time, the tomatoes are soft enough to crush. Extract their juices with a ladle against the pork. Add the tomato sauce.
5. Season once more with fish sauce; and then, with cayenne powder. Let the dish cook for another 20 minutes.
6. Add more cayenne for a more spicy dish.
7. Serve with hot rice.