



Pork and vegetable stew (modified texture)

Ingredients (serves 2)

For the stew:

300 g pork tenderloin	80 g leek
100 g onion	150 g tomato sauce
80 g green pepper	100 ml white wine
80 g red pepper	450 ml meat or vegetable broth
40 g carrot	10 g flour
1 clove of garlic	One sprig of fresh rosemary

Black pepper Extra virgin olive oil
Salt

For rice purée:

300 ml water Extra virgin olive oil
50 g rice flour 1/2 clove of garlic

Method

1. Clean the sirloin and cut into small pieces. Heat a little oil in a saucepan and brown the meat over high heat. Add the garlic cloves and fry everything for about two minutes.
2. Clean, peel, and chop the vegetables. Add them to the frying pan, season with salt and pepper. Fry until cooked. Add the wine and cook until it evaporates.
3. Add the tomato sauce and rosemary. Let cook for five minutes.
4. Add 400 ml of broth and cook for about 30 minutes over low heat until the meat is soft, and the sauce thickens.
5. Remove the rosemary sprig. Add sifted flour, stir, increase the heat a bit and cook for 2 minutes, stirring constantly so that it does not burn. Add the remaining broth and cook for a couple more minutes, until the liquid has evaporated, and the sauce thickens slightly.
6. Remove from heat, purée with an immersion blender, and pass through a sieve. Set aside.
7. For the rice purée, sauté minced garlic in a saucepan with a little oil for 1 minute.
8. Add water and rice flour with a pinch of salt. Bring to a boil.
9. Lower the heat and cook over medium heat, stirring constantly, for about five minutes, until desired thickness is achieved. Pass through sieve.
10. Use a spoon to serve the stew on one side of a plate and the rice purée as a side dish.

Recommendations

Can also be served using a ring mould for the rice purée and a pastry bag for the stew to imitate portions of meat.