



Vegetarian Option on Reverse Side

Pork, Porcini and Pumpkin Stew

Serves 6-8

Pair with
Cabernet Sauvignon

Ingredients:

4 oz. Fresh porcini mushrooms, thickly sliced (or)
4 oz. Dry porcini mushrooms, soaked in 1c.hot water
2 1/2 lb. Boneless pork shoulder or butt,
cut into 1-2 nch chunks
3 Tbs. Flour
Salt and pepper to taste
2 Tbs. Olive oil
1 Large onion, cut into 1 inch dice
1 c. Cabernet Sauvignon
4 c. Cooking pumpkin (Cinderella or butternut squash)
peeled, seeded and cubed
2 Large carrots, peeled and cut into half rounds
1 Medium celery cut into 1 inch dice
1 Pound fresh shitake or crimini mushrooms -sliced
2 Bay leaves
1/4 c. Parsley, mint and thyme, chopped fine
Salt and pepper to taste

Preparation:

Dredge pork in flour with a pinch of salt and pepper added. Heat oil in stew pot and sauté onions until they start to brown. Add pork and brown carefully, lower heat to avoid burning. Once meat has browned, add wine and deglaze pan. Bring to strong simmer and add pumpkin, carrots, celery, fresh mushrooms and bay leaves. Add thickly sliced fresh porcini mushrooms to stew or (strain and reserve water from dried mushrooms, chop rehydrated porcini and add both to stew). Add additional water to just cover stew and simmer uncovered, stirring occasionally until pork is tender, about two hours. Add the fresh herbs and season to taste with salt and pepper. Serve with rice, polenta or wide egg noodles.

To Your Health! Bon Appétit!

Mushroom and Pumpkin Stew

Serves 6-8

Pair with Cabernet Franc

Ingredients:

4 oz. Fresh porcini mushrooms, thickly sliced; or
4 oz. Dry porcini mushrooms, soaked in 1 c. hot water
12 oz. Firm tofu, cut into 3/4 inch cubes
3 Tbs. Flour
2 Tbs. Olive oil
1 Large onion, cut into 1 inch dice
1 c. Sauvignon Franc or Malbec red wine
4 c. Cooking pumpkin (Cinderella or butternut
squash) peeled, seeded and cubed
2 Large carrots, peeled and cut into half rounds
1 Medium celery cut into 1 inch dice
1 Pound fresh shitake or crimini mushrooms, - sliced
2 Bay leaves
1/4 c. Parsley, mint and thyme, chopped fine
Garlic (fresh or minced)
Salt and pepper to taste
Optional additional spices & herbs: sage, turmeric,
and cumin (to taste)

Preparation:

Heat oil in stew pot and sauté onions until they start to brown. Lower heat to avoid burning and stir in flour. Add wine and bring to strong simmer. Add pumpkin, carrots, celery, fresh crimini or shitake mushrooms and bay leaves. Add thickly sliced fresh porcini mushrooms to stew or (strain and reserve water from dried mushrooms, chop rehydrated porcini and add both to stew). Add additional water to just cover stew and simmer uncovered, stirring occasionally for about 30 minutes. Add in the fresh herbs, tofu, and seasonings to taste simmer 10 more minutes. Serve with rice, polenta or wide egg noodles.

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