



Adobo Pulled Pork Stew with Beans and Mushrooms

This is one of our favourite Adobo dishes. Adobo is all about spice and tang, so it works beautifully with this hearty stew of beans and pork. It is similar to a traditional chilli where the ground meat is replaced with delicious slow-cooked pulled pork, which we marinate over-night with our Adobo Seco. Feel free to use your instapot, pressure cooker or other favourite slow-cooking device to achieve tender pulled pork.

We also like using dried beans instead of canned, which we pre-soak a day ahead in cold water with baking soda and some salt for quick cooking and a creamy texture. But feel free to substitute canned beans for ease or speed.

It is even better the next day, and freezes great.

Adobo Pulled Pork Stew with Beans and Mushrooms

Indulge in the rich flavors of our favorite Adobo-inspired dish – a delightful blend of spice and tang that perfectly complements the heartiness of slow-cooked pulled pork and beans. The beauty of this dish lies in its ability to shine even brighter on the following day and it freezes well, making it a mealtime hero.

- 1 LB Dried Kidney, Black or White Beans (rinsed)
- 1 tsp Kosher Salt
- 1 tsp Baking Soda
- 3-4 LB Boneless Pork (butt, shoulder or picnic roast)
- 1-2 tbsp Monsoon Coast Adobo Seco ((mild to hot))
- 1-2 tsp Kosher Salt
- 5 cloves Garlic (crushed)
- 2 tbsp Lemon Juice (or sour orange juice)

- 2-3 tbsp Olive Oil
- Canola Oil (to sear pork)
- 4 cups Chicken Stock
- ¼ cup Tomato Paste
- 1 tbsp Soy Sauce
- ¼ cup Apple Cider Vinegar
- 9-12 Shiitake Mushrooms (stemmed and sliced)
- 2 tbsp Butter
- 2 tbsp Olive Oil
- Cilantro or Parsley (Chopped – to garnish)
- Cooked Rice, Corn Bread or Toasted Bread (for serving)

1. A Day in advance, set beans in a large bowl and cover with cold water. Add baking soda and salt and stir well to dissolve. Leave overnight on the counter covered with a cloth.
2. Also a day in advance, make Adobo paste by mixing Adobo Seco, salt, crushed garlic, citrus juice, and enough olive oil to make a thick paste.
3. Paint the pork with the Adobo paste well. Leave in the fridge overnight.
4. Take pork out of the fridge one hour prior to cooking.
5. In a large saucepan or cast-iron pan over medium-high heat, add canola oil and sear the pork on all sides. Transfer pork to a slow-cooker, pressure cooker or instapot.
6. Add to the pork the chicken stock, tomato paste, soy sauce and apple cider vinegar.
7. Cook pork low and slow for 2-3 hours or until very tender depending on your cooking vessel.
8. While pork is cooking, cook your beans.
9. Drain your beans and wash well. Place in a medium pot and cover with cold water. Bring to a boil over high heat.
10. Lower to a simmer, partially cover and cook beans on low for 1-2 hours until tender.
11. Finally prepare the mushrooms. Add butter and olive oil to medium saucepan

over medium heat. Sauté mushrooms until browned. Season.

12. When pork is done, remove from pot and set aside to cool a bit before shredding.
13. Strain the pork cooking liquid into a large pot over low heat. Add the pulled pork.
14. Reserve some of the bean cooking liquid and drain the rest. Add beans to the pot. If the stew looks thick or dry, add more reserved bean water.
15. Add cooked mushrooms and bring pot to a simmer so everything is warmed together. Adjust seasoning.
16. Garnish with cilantro or parsley and serve with bread or rice.

Main Course

Mexican

Adobo, Pulled Pork

Ingredients:

1 LB dried kidney, black or white beans, rinsed
1 tsp kosher salt
1 tsp baking soda
3-4 LB boneless pork butt, shoulder or picnic roast
1-2 TBL Monsoon Coast **Adobo Seco** (mild to hot)
1-2 tsp kosher salt
5 cloves garlic, crushed
2 TBL lemon or sour orange juice
2-3 TBL Olive oil
Canola oil to sear pork
4 cups chicken stock
¼ cup tomato paste
1 TBL soy sauce
¼ cup apple cider vinegar
9-12 shiitake mushrooms, stemmed and sliced.

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2 TBL butter

2 TBL olive oil

chopped cilantro or parsley to garnish

Cooked rice or corn bread or toasted bread, for serving

Spices Used: Adobo Seco

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13 - Strain the pork cooking liquid into a large pot over low heat. Add the pulled pork.

14 - Reserve some of the bean cooking liquid and drain the rest. Add beans to the pot. If the stew looks thick or dry, add more reserved bean water.

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