

# Posole, Pork and Hominy Stew with Red Chiles and Avocado

Adapted from a recipe by Susan Vollmer, *A Store for Cooks*, Feb. 2011



## Servings: 8

*DO make the pork the day before - so you can refrigerate the broth mixture and remove all the fat before you proceed with the soup portion.*

### PORK:

- 1 head garlic (save 2 cloves and set aside)
- 12 cups water
- 4 cups chicken broth
- 4 pounds country style pork ribs
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin

### RED CHILES:

- 2 ounces dried New Mexico red chiles
- 1 1/2 cups boiling water
- 1/4 whole onion
- 2 teaspoons salt

### SOUP:

- 1 teaspoon salt
- 60 ounces hominy
- 2 large carrots, peeled, chopped
- 3/4 whole onion, chopped
- 1 whole poblano chile, also called pasilla

### GARNISHES:

- 1 whole avocado, diced
- 2 cups Romaine lettuce, shredded
- 1/2 cup radishes, minced
- 1 cup cilantro, minced
- 2 whole limes, cut in wedges
- 8 whole corn tortillas
- 1 cup vegetable oil, for frying the tortillas

1. Peel garlic cloves and reserve two for the chile sauce. Slice remaining garlic. In a large heavy pot bring water and broth to a boil. Add sliced garlic and pork. Skim the surface of any scum, then add dried oregano. Gently simmer, uncovered, for 1 1/2 hours, until pork is tender. Ideally, make this part one day ahead so you can chill the cooking liquid and remove congealed fat the next day.
2. Meanwhile, place dried red chiles in a flat bowl and cover with boiling water. Soak for 30 minutes. Remove stems and seeds, then place chiles in blender with the onion, soaking liquid, the reserved garlic and 2 tsp. of salt.
3. Transfer pork to a cutting board and reserve broth mixture. Shred pork and discard all the bones. Rinse and drain the canned hominy.
4. Roast the pasilla (poblano) chile: if using gas, hold it over the flame until the skin has blistered and turns black. Or, broil on all sides until the skin blisters. Remove chile and place in plastic bag. Set aside for about 15 minutes to cool. Remove from bag and remove black, blistered skin, cut into pieces (removing stem and seeds).
5. Strain pork liquid and return to pot. Bring to a simmer and add carrots and onion. Simmer for about 10 minutes, then add the pasilla chile, reserved shredded pork and canned hominy. Simmer for about 10-30 minutes and serve.
6. Fry the tortillas, cut into strips, in hot vegetable oil until golden brown. Drain on paper towels.
6. **GARNISHES:** Place all the garnishes out for your diners to select whichever ones they wish to eat. Place about 1 1/2 cups of the posole/hominy stew in a wide bowl and hand each one to your guests.

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Per Serving (excluding unknown items): 302 Calories; 7g Fat (21.5% calories from fat); 9g Protein; 52g Carbohydrate; 9g Dietary Fiber; trace Cholesterol; 1701mg Sodium. Exchanges: 3 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat.

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>