

Afelia

Ingredients

For the Afelia

- 1kg (shoulder) pork, cubed
- 4 tbsp. olive oil
- ½ bottle or 350ml Cypriot red wine
- (if possible marinate from the night before)
- 3 tbsp. coriander seeds, crushed

For theourgouri

- 2 tbsp. olive oil
- 1 large onion, chopped
- 1 nest dried vermicelli or angel hair pasta
- 200g cracked wheat orourgouri
- 2 x 400g cans chopped tomatoes, optional
- salt and freshly ground black pepper



Method

1. In a large pan, heat the oil then fry the pork in batches until browned all over.
2. Add the wine, let it bubble for a minute, add the coriander seeds and a pinch of salt.
3. Part-cover the pan and gently simmer for 30 minutes or until the pork is just tender. Do not over-cook or allow it to dry out, add a splash more wine, if necessary. As the sauce reduces it will become intensely rich.
4. For theourgouri, heat the olive oil in a saucepan and cook the onion until softened but not coloured.
5. Crush the vermicelli into the pan, add some seasoning then the cracked wheat.
6. Add 400ml of hot water, stirring over a low heat for 2-3 minutes or until all the water has been absorbed. If using tomatoes, stir in at this point. Adjust the seasoning, to taste.
7. Remove the pan from the heat, cover with a clean tea towel and let it stand for 10 minutes to allow theourgouri to finish cooking to perfection.
8. Ladle the pork Afelia onto a bed of steamingourgouri. This is good topped with a dollop of thick Greek yoghurt.

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