



# Greek drunken pork stew – Bekri meze

20'  
Hands on

60'  
Cook Time

6-8  
Portion(s)

1  
Difficulty



## Ingredients

- 700 g pork, neck
- 3-4 tablespoon(s) olive oil
- salt
- pepper
- 1 red bell pepper
- 1 green bell pepper
- 1 orange bell pepper
- 1 onion
- 1 clove(s) of garlic
- 1 pinch chili flakes
- 1 teaspoon(s) cumin
- 1 chicken bouillon cube
- 400 g red wine
- 1 tablespoon(s) tomato paste
- 1 tablespoon(s) honey
- 200 g water

To serve

- oregano
- olive oil
- pepper
- feta cheese
- bread

## Method

- Place a pot over high heat and add the olive oil.
- Cut the pork into 2-3 cm pieces and add them to the hot pot. Add salt, pepper, and sauté for 3-4 minutes until golden brown.
- Cut the peppers into thin strips and add them to the pot.
- Cut the onion and the garlic into thin slices and add them to the pot.
- Add the chili flakes, the cumin, the chicken bouillon cube, and deglaze the pot with the wine. Add the tomato paste, the honey, the water, and stir.
- Cover with the lid and simmer over medium heat for 50-60 minutes.
- Serve with oregano, olive oil, pepper, feta cheese, and bread.

## Διατροφικός πίνακας

Nutrition information per portion

334 Calories (kcal)	26.0 Total Fat (g)	9.4 Saturated Fat (g)	7.2 Total Carbs (g)
17%	37%	47%	3%
6.7 Sugars (g)	16.0 Protein (g)	2.1 Fibre (g)	1.1 Sodium (g)
7%	32%	8%	18%