



Quinoa polenta with pork in tomato



Chef Adolfo Perret (Peru)

Serves: **4**

Ingredients:

For the polenta

2 cups quinoa
¼ cup onion, chopped
1 garlic clove, finely chopped
6 cups vegetable or chicken stock
Oil or lard for frying

For the pork in tomato sauce

3 cups chopped pork leg
5 tomatoes
2 carrots
½ cup onion, chopped
2 garlic cloves, chopped
1 bay leaf
Oregano
1 cup chicken stock or water
Salt
Pepper

Preparation:

- Lightly grind the quinoa. This can be done using a mortar or stone. You can also use a blender to grind the quinoa for a few seconds only.
- In a saucepan prepare a seasoning with the onion and garlic. Add the vegetable stock and bring to the boil on high heat.
- Then, sprinkle the quinoa stirring constantly until it begins to thicken and is cooked. Season with salt.
- Meanwhile, prepare the sauce. For this, season the pork with salt, pepper and a finely chopped garlic clove. Let stand for 10 minutes.
- In a pan with little oil, fry the pork until browned and set aside.
- Finely dice the onion, carrots and tomatoes. In a pot, fry the onion and garlic until the onion is translucent. Add the tomato, carrot and bay leaf and occasionally stir for two more minutes. Add the stock or water and a little salt and cook for 15 minutes on low heat.
- Finally, add the cooked pork to the pot and sprinkle with oregano. Cover and let stand.
- Serve the quinoa polenta topped with the pork in tomato sauce.