



Ingredients:

1 ½ lb stewing pork
1 cup flour
1 tbsp oil or fat
2 large onions
3 medium carrots
1 turnip
1 bay leaf
½ cup beer (optional)
½ cup sour cream
meat stock
salt and pepper to taste
1/3 teaspoon paprika
¼ teaspoon marjoram
¼ teaspoon crushed caraway seeds
1 bud garlic

Directions:

Rinse and pat dry 1-1/2 lbs cubed stewing pork. Shake meat in flour-filled plastic bag to coat evenly. In heavy skillet, brown meat on all sides in 3 T hot fat or oil.

Remove meat from skillet with slotted spoon and lightly brown 3 sliced onions in the same

drippings.

Return meat to skillet, add 2 - 3 sliced carrots, 1 small diced turnip (optional), 1 bay leaf and 1/2 c beer (optional). Reduce heat and simmer covered on low heat 45 - 60 min or until meat is tender, stirring occasionally.

Add a little water if stew begins to sizzle. Drench with 1/2 c sour cream fork-blended with 1 T flour and simmer briefly.

Dilute with meat stock or water if too thick.

Season with salt & pepper, 1/4 t paprika, 1/4 t marjoram, 1/4 t crushed caraway seeds and 1 bud crushed garlic. Stir ingredients and simmer briefly.

Garnish with chopped parsley if desired.

Serve with poured-batter dumplings, mashed potatoes or groats (buckwheat, barley, millet) of choice.