

# Pork cheek and chorizo estofado

by [Anna Tobias](#)

Main Easy 6 2 hours

A mashup between Hungarian goulash and Spanish estofado, the best part of this [pork cheek](#) and [chorizo](#) stew is the incredible sauce, flavoured with hot and sweet pimentón, caraway seeds, peppers and white wine. Perfect with buttered potatoes on a chilly autumn evening.

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## Ingredients



- 1kg [pork cheeks](#)
- 100g of plain flour
- [salt](#)
- 3 tbsp of olive oil
- 4 [chorizo sausages](#)
- 2 [onions](#), finely sliced
- 2 [garlic cloves](#), finely chopped
- 4 [red peppers](#)
- 1 [lemon](#), juiced
- 1 tbsp of [caraway seeds](#)
- 250ml of white wine
- 1 tbsp of [pimentón](#), sweet
- 1 tbsp of [pimentón](#), hot
- 200ml of sour cream
- 1 bunch of [chives](#), finely chopped

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## Method



- 1 I think it's nice to leave the meat in quite large pieces so leave the cheeks whole. Season the flour and toss the pork in it. Chop the sausage into large chunks
- 2 Preheat an oven to 165°C/gas mark 3. Heat the olive oil in a heavy-lidded casserole pot and brown the pork. You may need to do this in batches. Set aside and then brown the sausage and also set aside. Now add the onion and soften gently
- 3 Whilst the onions are softening, peel the peppers using a potato peeler – they don't have to be perfect but it just means there won't be too many shards of pepper skin at the end. Slice the peppers and add to the onions along with the garlic. Season your vegetables and cook for 5 minutes until they start to soften. Add the pimentón, caraway, wine and lemon juice
- 4 Reintroduce the pork and sausages and stir together. Put the lid on and place into the oven. Check the pork after an hour; it's surprising how much liquid the peppers and onions let out but if it's looking a little dry then add some water – the sauce is practically the most delicious part of this dish so you want to make sure there's plenty of it. Place back in the oven for another half an hour or so. The meat should be tender and giving
- 5 Place a generous dollop of sour cream on the pork with a good sprinkle of chives on top. Serve with some boiled, buttered potatoes



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Previously guest head chef at East London favourite P. Franco, Anna Tobias has built a career on simple but effective cookery.

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