

Simple, practical

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Creamy Pork Loin Stew

I was told it was delicious, so I thought I had better write down what I did to make it before I forgot! I think that it is a basic, creamy stew, except that I have never made a stew with pork before, and I don't usually put tarragon in things. First, here are the ingredients:

- 2.5 lbs boneless pork loin roast
- 1/4 - 1/3 cup flour for coating
- 1 teaspoon sea salt
- 1/8 teaspoon ground black pepper
- 1/8 - 1/4 teaspoon garlic powder (fresh minced is optional)

- 1 tablespoon olive oil
- 2 tablespoons butter
- 1/2 large yellow onion, diced
- 4-5 medium carrots, peeled and sliced
- 1 slightly rounded tablespoon chicken base
- 4 cups water
- 3/4 cup white wine (used Barefoot Refresh Sweet White, because that was what was handy)
- 1 teaspoon dried tarragon leaves
- 12 oz frozen green beans
- 3 cups whole corn (*mine was frozen from my garden last year, so it is on the creamy side*)
- 1 cup whole milk
- 1/2 cup white flour for thickening
- 1/4 - 1/3 cup cream

Cut pork loin roast into approximate one inch cubes.

Mix together salt, pepper, garlic powder (*unless using fresh garlic, which would be added later*), and 1/4 - 1/3 cup white flour.

Coat pork with this dry mix by stirring them together in a bowl.

Heat stew pot on medium heat. Add olive oil and butter. Brown coated pork pieces in the pot until they are cooked through, but still tender.

Remove pork to a bowl.

Use a bit more oil if needed to saute onion until tender. Add minced garlic, if using fresh, when onion is almost done.

Add water, chicken base, carrots, white wine, and tarragon. Bring to a boil, then simmer until carrots are almost cooked. Stir occasionally, particularly to mix in chicken base.

Meanwhile, shake the milk together with the other (1/2 cup) portion of flour. Save this mix for thickening.

Add the corn and the beans. Stir in and bring the pot back to a boil, then simmer until all the vegetables reach desired tenderness.

Put pork back in.

Then, stir continually while adding the thickening mix. Cook and stir until thickened, but it should take just a minute or two. Add the cream next.

Serves about 6 people, depending on how hungry they are or how many fresh biscuits are served with it.

This took about 1.5 hours all together to prepare and cook. Since some of that was cooking time where I didn't have to be stirring or watching the pot too closely, I got other kitchen clean-up done. I think this could turn into a regular menu item!