



Shredded Pork Stroganoff Style

Serve with Golden Potato Cauliflower Mash

- 1-3/4-pound pork loin
- Salt; ground black pepper as desired
- 1 Tablespoon olive oil
- 2/3 cup unsalted chicken stock
- 3 Tablespoons olive oil
- 1 teaspoon ground dried thyme
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon Dijon mustard
- 4 ounces shiitake mushrooms, remove stems, chopped
- 1 large onion, peeled, chopped
- 2/3 to 1 cup plain yogurt
- 1 Tablespoon all-purpose flour

Searing the Pork: Cut the pork loin into four equal pieces; season with salt and black pepper. Using the sauté function of the Instant Pot set on high, if available, heat oil in slow cooker (or in a sauté pan if desired). Sear pork pieces until browned on all sides, about 12 minutes. You may have to do this in batches.

Add Any Meat Juices: When pork is browned, return to the Instant Pot along with any juices if you put them on a plate.

Cooking the Pork: In a bowl, combine chicken stock, olive oil, thyme, black pepper, and Dijon mustard. Pour into the pot with the pork. Add the chopped mushrooms and onions. Cover the Instant Pot; cook on high pressure for 80 minutes. Let the pressure release naturally.

Adjust Seasoning: Remove pork from the cooking liquid. Taste the juices or au jus; adjust seasoning if desired.

Prepare Yogurt Sauce: In a small bowl, stir together the yogurt and flour; add to liquid in slow cooker or stove pan; Cook until thickened as desired.

To Serve: Shred pork into bite-size pieces, toss with some gravy. Place potato cauliflower mash on plate; arrange pork in center; drizzle with remaining gravy. Serves: 4

Potato/Cauliflower Mash:

3 to 4 medium sized Yukon gold potatoes, peeled, cut into chunks

Water

1/2 teaspoon turmeric

Salt to season water

Florets cut from 1/2 head cauliflower

3 Tablespoons plant-based butter or as desired

Coconut milk or cream as desired

Minced green chives or green onions as desired

Boil Potatoes and Cauliflower Florets: Peel and chop four potatoes; place in medium sized saucepan; cover with water. Stir 1/2 teaspoon turmeric and salt as desired into the water; bring to a boil. Cook on medium heat until potatoes are starting to soften. Stir in cauliflower florets; cook until softened.

Mash Potatoes and Florets: Drain the liquid from the potato/cauliflower. (Set juices aside for another use) Add about 3 Tablespoons plant-based butter. Mash until vegetables are combined and thickened. Stir or mix in coconut milk or cream until desired texture. Garnish with chopped chives or minced green onions.

About the Recipe: Stroganoff is usually served as a beef dish, but for this recipe we used pork loin. Cooked in an Instant Pot, the meat is very tender and full of flavor. Serve with mashed potatoes/cauliflower and smothered with a thick yogurt cream gravy. It's full of old-fashioned flavor and uses your favorite Instant Pot.