

HANDLEY SYRAH

ABRUZZI PORK STEW

1 tablespoon fennel seeds
3 small dried chili peppers
3 pounds boneless pork shoulder
1/4 cup olive oil
Salt and freshly ground pepper

1 large yellow onion, finely chopped
5 cloves garlic, minced
2 large red bell peppers, seeded
and cut into large dice
1 cup Handley Syrah
1 - 28 ounce can plum tomatoes
with juice, crushed

In a small dry sauté pan, toast the fennel seeds and chili peppers for 1-2 minutes until they are fragrant. Grind briefly in a spice grinder or mortar and pestle. Reserve.

Remove large pieces of fat from the pork shoulder, and cut into 2 inch pieces. Season with salt and pepper. Heat oil in a large sauté pan. Working in batches, brown the pork on all sides. Remove to a plate when each batch is done.

over please 🗨️ 🗨️

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Add onion to the sauté pan over medium heat, and cook for about 8 minutes or until soft. Add garlic, fennel, and chilies, and cook for 3 more minutes. Add the wine, tomatoes with their juice, the pork, and the bell peppers to the pan, bring to a boil. Reduce heat to a simmer, cover, and cook until the pork is tender, 1-1½ hours.

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