

Posole

<http://userealbutter.com/2016/10/09/posole-recipe/>

modified from my mother-in-law's recipe

2 25-oz. cans hominy, drained (about 6 cups cooked) or 1 1/2 cups dried hominy
1 1/2 lbs. lean pork shoulder (2 lbs. if bone-in)
1 tsp salt
1 tbsp vegetable oil
1 lime, juice of
4 dried New Mexico red chiles, rinsed, stems and seeds removed
6 large roasted (Hatch) green chiles, skinned, seeded, and diced (about 8 oz. or 1 cup)
3 cloves garlic, minced
1/4 tsp dried Mexican oregano
1 tsp salt

Note: If using dried hominy, soak the kernels in water overnight (8-12 hours). Drain the soaking water. Place the hominy in a pot and add fresh water until the kernels are covered by 2-3 inches of water. If cooking the traditional stove-top method, bring the water to a boil then reduce to a simmer for 90 minutes to 2 hours until the kernels are tender. If using a pressure cooker, place the kernels in the pot and pour in 4 cups of fresh water. Add a dash of vegetable oil (to break up any foam). Seal and lock the lid of the pressure cooker, set the pressure to high (level 2 for my Fagor Duo 8) over high heat. Cook at pressure for 20 minutes, then turn off the heat and allow natural release of pressure. Drain the hominy.

Cook the posole: Season the pork on all sides with 1 teaspoon of salt. Heat the vegetable oil in your stock pot or pressure cooker over high heat and sear the pork on all sides (about 2 minutes a side). Add the hominy, lime juice, and red chiles to the pork. Fill the pot with water until the ingredients are covered.

Conventional method: Bring the liquid to a boil, then reduce to a simmer. Cover and let simmer for 3 hours.

Pressure cooker: Seal and lock the lid of the pressure cooker. Set the pressure to high (level 2 on my Fagor Duo 8). Cook at pressure for an hour, turn off heat and allow for natural release of pressure.

Process the ingredients: When the posole is done cooking, remove the pork to a large bowl or plate. Pick out the red chiles and set aside in another bowl. Strain the hominy, reserving the liquid. Shred the pork and discard any bone and connective or fatty tissue. Purée the red chiles with an immersion blender or a food processor or blender.

De-fat the broth (optional): Hot method: Ladle the soup into a gallon ziploc bag (use more bags if needed). Seal the bag. Hold a top corner while lowering the opposite bottom corner of the bag into your cook pot. Use the tip of a sharp knife to cut a slit in the bottom corner of the bag. Allow the liquid to empty from the bag – the fat layer should be visible on the top. Before the fat layer reaches the slit in the bag, pinch it shut (be careful if the liquid is hot!) and discard the bag. **Cold method:** Pour the liquid into a vessel and allow to cool. Refrigerate overnight and skim off any solid fats from the surface.

Finish making the soup: Place the shredded pork, red chile purée, hominy, broth, green chiles, garlic, oregano, and salt in the cook pot. Add more water if you desire a soupier consistency. Bring to a boil. Reduce heat and let simmer 30 minutes. Adjust seasoning (salt) to taste. Serve with warm flour tortillas, diced avocado, and lime wedges. Serves 4-6. Freezes well for make-ahead.