

Pozole

INGREDIENTS*

SOUP

- 8 cloves garlic
- 3 to 4 dried guajillo, 5 to 6 ancho and 6 arbol chile pods (see Notes)
- Vegetable oil
- 3 pounds **pork chops**
- Salt
- 4 - 15.5-ounce cans white **hominy**, drained and rinsed
- 3 bay leaves
- 2 teaspoons ground cumin
- 2 Tablespoons Mexican oregano (see Notes)

GARNISHES

Prepare desired garnishes while the pozole is cooking.

- One bunch cilantro, chopped
- 1/2 **onion**, chopped
- 2 avocados, chopped
- 2 limes, cut into 8 wedges each
- Red **radishes**, sliced into thin strips

NOTES AND IDEAS

- Chiles – use a mixture of mild and medium heat chiles, such as Arbol, Ancho, and Guajillo.
- You may use regular oregano in place of Mexican oregano.



Source: LTBB Odawak FDPIR and Community Health programs

*Ingredients in **bold** are available through the Tribal FDPIR program in your community.

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INSTRUCTIONS



1. Wash your hands before preparing food.
2. Rinse off the tops of the hominy cans. Peel garlic and chop 4 cloves, leave 4 cloves whole, but remove stems and ends.
3. Fill a large pot with 5 quarts of water and a medium pot with 3 cups of water. Set both pots on stove and bring to a boil.
4. Remove and discard stems, most of the seeds and hard veins from the chiles; this will keep the pozole from being too spicy and bitter. Remember: DO NOT touch your eyes after peeling chiles, wear gloves if desired.
5. Heat a cast iron pan on medium high and use tongs to turn and lightly roast the chile pods for a couple minutes, until they begin to soften. DO NOT let them burn. Use the stove fan to avoid breathing any smoke and oils released from the chiles. Once the chiles are soft, add them to the medium pot of boiling water, turn off the heat and cover. Let the chiles soak in the hot water for about 20 to 30 minutes.
6. Cut the pork into 1 to 1 ½ inch pieces. Heat 1-2 Tablespoons of vegetable oil (enough to coat the bottom of the pan) in a large skillet on medium high heat. Pat the pork pieces dry with paper towels. Sprinkle pork with salt. Sear the pork cubes on all sides, until brown. Pour off extra liquid to help with browning. When the pork is browned, add the 4 cloves of chopped garlic and cook for about a minute.
7. Once the meat and garlic have cooked together, move this to the large pot of boiling water. Scrape up any browned bits of meat and garlic at the bottom of the pan, and add those to the water. Add the drained and rinsed hominy.
8. Add bay leaves, cumin, and 1 Tablespoon salt. Add oregano, rubbing between your hands to break it down. Bring to a simmer, reduce heat, cook for 15 minutes.
9. Red chile sauce: Use tongs to place chiles into the blender; save the soaking water. Add ½ cup of soaking water, 1 teaspoon of salt and the 4 whole cloves of garlic to the blender. Pulse 8 to 10 times. Add 1 cup of soaking water and blend. Add a second cup of soaking water and blend on high for about 30 seconds.
10. After the sauce is blended, pour/press it through a sieve to remove tough pieces.
11. Add the red chile sauce to the pot with the pork, hominy and spices. Add 1-2 more teaspoons of salt. Return to a simmer, lower the heat to maintain a simmer while partially covered.
12. Simmer for 2 ½ to 3 hours until the pork is completely tender; the final product should be very soupy to eat with the garnishes. Add additional soaking water to make it soupier. Serve with garnishes.