

EASY POSOLE ONE POT – PORK & HOMINY STEW MAKEOVER

22 JUL 2015 LAURA PAZZAGLIA 78 COMMENTS



When researching Posole, also called pozole, to convert for the pressure cooker it became pretty clear that, although this dish is not complicated, it requires lots of steps (and cleanup). I removed all of the extra pots and making this recipe not only faster but even *easier* too!

Typically, the hominy needs to be cooked, the dried chiles need to be soaked, cooked and blended; and the meat needs to be fully cooked before all the elements are simmered together.

I simplified the whole process to just using the pressure cooker and a small chopper (the one that comes with your immersion blender) using the phase-in cooking method (adding ingredients to the cooker based on their cooking time). Making things this way also keeps the flavor where it should be: in the stew.

Web page: <https://www.hippressurecooking.com/posole-pork-hominy-stew/>

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Hominy

– *Maiz Mote* – is a special variety of very large corn kernels that have gone through a process called nixtamalization which assist in removing the outer skin and germ and unlocks additional nutrients.

First, we soak hominy in plenty of water for anywhere between 12 and 24 hours – this brings down its pressure cooking time from 3 *hours* to 20 *minutes*. Then, we pre-cook the hominy (first phase). Next, we add all of the other ingredients, including the whole dry chiles so while the meat is starting to cook and hominy continues cooking the chilis are getting re-hydrated and sharing their flavor (second phase). When that's done we fish out the re-hydrated chile, and whirl it in a chopper with a fresh pepper, raw garlic and a bit of the cooked hominy. Finally, that concoction gets plopped back into the cooker and everything is simmered together and thickened to perfection.

Easy!

Pressure Cooker	Accessories	Pr. Cook Time	Pr. Level	Open
6 L or larger	none	10-15 & 10min.	High(2)	<u>Normal & Natural</u>

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4.7 from 9 reviews

Easy Pressure Cooker Pozole - Pork & Hominy Stew

Author: Laura Pazzaglia, hip pressure cooking

Nutritional Information (per serving)

- Serves: 6-8
- Serving size: 1/4th
- Calories: 216.2
- TOTAL Fat: 11.5g
- TOTAL Carbs: 13g
- Sugar Carbs: 1.5g
- Sodium: 288.7mg
- Fiber Carbs: 3.8g
- Protein: 15.8g
- Cholesterol: 36.1mg
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Recipe type: pressure cooker

Cuisine: Mexican

Prep time: 10 mins

Cook time: 45 mins

Total time: 55 mins



If you can't get whole chiles to use two teaspoons of ancho chile powder (or smoked paprika), and proceed with the blending step using only the hominy with garlic and a fresh pepper. If you can't get any chili, make fire-roasted pepper to put in the chopper instead of the fresh pepper.

EASY POSOLE ONE POT – PORK & HOMINY STEW MAKEOVER MODIFIED RECIPE (RG)

INGREDIENTS

1	cup (120g) dry hominy kernels (aka posole or maiz mote), soaked overnight
4	cups water
2	lbs (1k) boneless pork (leg, shoulder or neck), sliced in large 2" chunks
2	Bay leaves
2	dried ancho chilies, stems removed and seeds are shaken out (leave them in if you want extra heat)
1	teaspoon dried Mexican Oregano, crumbled
2	teaspoon cumin powder
3	Teaspoons salt
3	cloves garlic, divided (one in the pressure cooker, and two for the blender)
1	Fresh red bell pepper

To Garnish:

Thinly sliced radishes
A cubed avocado
A wedge of cabbage, thinly sliced
Lime wedges

2.0 inch pieces

INSTRUCTIONS

1. Add soaked hominy and water to the pressure cooker.
2. Close and lock the lid of the pressure cooker.
3. **For electric pressure cookers:** Cook for 15 minutes at high pressure (takes 10 minutes to come up to pressure).
4. When time is up, open the cooker by releasing the pressure through the valve.
5. Now add the meat, bay leaves, dry ancho chilies, oregano, cumin powder, garlic, and salt.
6. Close and lock the lid of the pressure cooker, again.
7. **For electric pressure cookers:** Cook for 10 minutes at high pressure.
8. **For electric pressure cookers:** Disengage the “keep warm” mode or unplug the cooker and open when the pressure indicator has gone down (took 32 minutes).
9. Fish out and discard the bay leaves. Then, fish out the ancho chilies and about two heaping tablespoons of cooked hominy.
10. In a small chopper puree the chiles, two spoons of hominy, fresh red bell pepper and remaining garlic into a paste, and then plop that paste back into the pressure cooker.
11. Simmer the contents of the pressure cooker un-covered for 5-10 minutes or until the desired thickness is reached.
12. Serve with radish, avocado, cabbage, and lime garnishes.

RG Notes:

- This is one of my favorite dishes, which I have ordered often at Mexican restaurants. It generally is served as an appetizer course.
- The original recipe had WAY too much hominy, and too little liquid. Note that most of the hominy sinks and is hidden at the bottom of the pot, underneath the liquid.

EASY POSOLE ONE POT – PORK & HOMINY STEW MAKEOVER ORIGINAL RECIPE

INGREDIENTS

- 2 cups (240g) dry hominy kernels (aka posole or maiz mote), soaked overnight
- 4 cups (1L) water
- 2 lbs (1k) boneless pork (leg, shoulder or neck), sliced in large 2" chunks
- 2 bay leaves
- 2 dried ancho chilies, stems removed and seeds are shaken out (leave them in if you want extra heat)
- 1 teaspoon dried Mexican Oregano, crumbled
- 1 teaspoon cumin powder
- 3 cloves garlic, divided (one in the pressure cooker, and two for the blender)
- 3 teaspoons salt
- 1 fresh red bell pepper

To Garnish:

- thinly sliced radishes
- a cubed avocado
- a wedge of cabbage, thinly sliced
- lime wedges

INSTRUCTIONS

1. Add soaked hominy and water to the pressure cooker.
2. Close and lock the lid of the pressure cooker.
3. **For electric pressure cookers:** Cook for 15 minutes at high pressure.
For stove top pressure cookers: Turn the heat up to high and when the cooker indicates it has reached high pressure, lower to the heat to maintain it and begin counting 10 minutes pressure cooking time.
4. When time is up, open the cooker by releasing the pressure through the valve.
5. Now add the meat, bay leaves, dry ancho chilies, oregano, cumin powder, garlic, and salt.
6. Close and lock the lid of the pressure cooker, again.
7. **For electric pressure cookers:** Cook for 10 minutes at high pressure.
For stove top pressure cookers: Turn the heat up to high and when the cooker indicates it has reached high pressure, lower to the heat to maintain it and begin counting 10 minutes pressure cooking time.
8. When time is up, open the pressure cooker with the Natural release method - move the cooker off the burner and wait for the pressure to come down on its own (about 10 minutes). or, for electric pressure cookers, disengage the "keep warm" mode or unplug the cooker and open when the pressure indicator has gone down (20 to 30 minutes).
9. Fish out and discard the bay leaves. Then, fish out the ancho chilies and about two heaping tablespoons of cooked hominy.
10. In a small chopper puree the chiles, two spoons of hominy, fresh pepper and remaining garlic into a paste, and then plop that paste back into the pressure cooker.
11. Simmer the contents of the pressure cooker un-covered for 5-10 minutes or until the desired thickness is reached.
12. Serve with radish, avocado, cabbage, and lime garnishes.

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