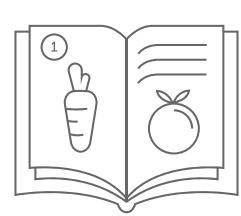


# BRUNSWICK STEW AND CORNBREAD



CHEF  
YVETTE KERN'S



## WHAT YOU'LL NEED:

### FOR THE PORK

- ✓ 4 lbs country rib tips
- ✓ 4 tbsp BBQ dry rub
- ✓ 2 tbsp canola oil
- ✓ 1/4 cup apple cider vinegar
- ✓ 1 cup water

### FOR THE STEW

- ✓ 3 medium russet potatoes peeled and diced into small bite-size cubes
- ✓ 1 large sweet yellow onion, finely diced
- ✓ 10 oz. bag frozen super sweet corn
- ✓ 10 oz. bag frozen lima beans
- ✓ 10 oz. bag frozen okra, chopped
- ✓ 28 oz. can crushed tomatoes
- ✓ 1 tsp red pepper flakes
- ✓ 1 tsp garlic powder
- ✓ 1/2 tsp black pepper
- ✓ 1/2 tsp salt
- ✓ 2 tbsp brown sugar
- ✓ 2 tbsp Worcestershire sauce
- ✓ 1/2 cup Wickles sweet pickle juice, or pickle juice of your choosing
- ✓ 1/4 cup ketchup
- ✓ 2 tsp liquid smoke
- ✓ 1 tbsp coconut aminos
- ✓ 1/2 stick unsalted butter

### ✓ FOR THE CORNBREAD

- ✓ 2 cups yellow cornmeal
- ✓ 1 cup buttermilk
- ✓ 1 tsp kosher salt
- ✓ 2 eggs
- ✓ 1 tbsp sugar
- ✓ 1 cup creamed corn
- ✓ 2 tsp baking powder
- ✓ 2 tbsp canola oil
- 1/2 tsp baking soda
- ✓ 1/2 stick melted butter



## WHAT TO DO:

### THE PORK

1. Generously rub the front and back of each rib tip with BBQ dry rub.
2. Place oil in the bottom of an electric pressure cooker.
3. Fill the pressure cooker with the rib tips adding apple cider vinegar and water.
4. Secure and cook for 45 minutes.
5. Remove rib tips from the pot, reserving the liquid.
6. Carefully separate the small bones from the meat, add the meat and the reserved liquid into a 8-10 quart stock pot or Dutch oven generously coated with cooking spray.

### THE STEW

1. Add all ingredients into the stock pot with the rib tip meat and reserved liquid.
2. Place lid on pot and cook on medium high until stew comes to a soft boil.
3. Simmer, stirring periodically with the lid on for 40 minutes or until vegetables are done.

### THE CORNBREAD

1. Oil a 10-inch cast iron skillet and preheat the oven to 425°F.
2. Mix all dry ingredients in a bowl and set aside.
3. Mix all wet ingredients in a bowl and combine with dry ingredients.
4. Pour into a cast iron skillet and bake for 20 minutes.
5. Brush the top of cornbread with the melted butter.