

## CAFE THOMPSON RECIPE

# SOFKEE-BASED PORK WITH SWEET POTATOES AND BUTTERNUT SQUASH

Sofkee is made by cooking cracked corn in water, often with wood ash added for a sour taste. It's a staple food of various southeastern Native American tribes, particularly the Seminole and Muscogee (Creek), where it's served as a drink or a porridge-like meal. Pork is frequently included.

**SERVES 6**

### INGREDIENTS

- 2 tablespoons cornmeal, plain, yellow
- 1 cup water
- 1/2 tablespoon salt
- 1/4 cup honey
- 1/4 cup cornstarch
- 1/2 cup water
- 1/4 cup salt, kosher
- 1/4 cup garlic cloves, peeled, fresh
- 3 tablespoons oil, sunflower
- 2 1/2 pounds pork, shoulder, Boston Butt, boneless, raw
- 2 each onions, yellow, fresh
- 1 1/2 cups carrots, fresh, diced
- 3 each potatoes, medium, fresh, peeled, diced
- 2 1/2 cups hominy, white, canned, drained, rinsed
- 10 each tomatoes, cherry, heirloom, fresh
- 1 teaspoon spice, pepper, black, whole
- 2 tablespoons spice, pepper, black, ground
- 1/4 cup garlic cloves, peeled, fresh, chopped
- 2 cups apples, Red Delicious, fresh, peeled, cored, diced
- 1 1/2 cups onions, green, scallion, bunch, fresh, chopped
- 4 cups water
- 3 tablespoons tomato paste, canned

### DIRECTIONS

Pour the cornmeal into 1 cup of boiling water with 1/2 tablespoon of salt and stir until the mixture becomes a slurry; then add the honey and let it cook for 5 minutes. Once cooked, turn off the heat and add the cornstarch. Allow the mixture to cook down and set aside as you will use this to thicken the stew later.

Brine the pork shoulder in a mixture of salt water, whole garlic and for 24 hours. Drain and rinse before cooking. Prepared hot for hot service.

Heat the safflower oil in a large pot, and then add the pork and sear on all sides. In the same pot, add the onions and let cook until transparent, and add the carrots, diced potatoes, hominy and tomatoes. Season with salt, pepper and garlic, and then cook about 5 minutes. Pour in 4 cups of water, 2 tablespoons of the sofkee base and the tomato paste into the pot. Cook on low for 2 hours or until the pork shreds on its own.

#### Side dishes

Sweet Potatoes  
Butternut Squash

