



CELLARCIRCLE

## **Brunswick Stew**

Makes 6-8 servings

This is one from my home, Alabama. I love this stew; almost all the BBQ places back home sell this and each one is different. The basic stew contains corn, okra, butter beans and some kind of meat (back home its pork). This stew is tomato based and that is what makes it thick.

1 cup corn  
1 cup okra  
1 cup butter beans  
3 lbs. pork butt diced  
2 lbs. Conecuh sausage (Kielbasa will also work)  
1 6 oz. can tomato paste  
2 bay leaves  
2 t. dried thyme  
2 t. dried oregano  
Salt and pepper

Heat a large pot and add the pork and sausage, cook until brown. When the meat is brown add the rest of the ingredients (except for the tomato paste) and cover with water. Cook over low heat for 3 hours, stirring occasionally. Add the tomato paste when the pork is fully cooked. The stew needs to cook over low heat for about 30 minutes after the paste is added. Remove the bay leaves before serving.

**Serve with Novelty Hill 2011 Stillwater Creek Vineyard Grenache**

**Recipe from Chef Josh Slaughter**