

Flavors of the World: Oregano

Presented 5/15/2018 by Pedro Arellano

Pedro's Easy Slow Cooker Posole

A simplified, minimal-prep posole. Serves 8-12.

Ingredients

1 boneless pork shoulder
Goya adobo seasoning to taste
1 large can (110 ounces) Mexican-style hominy, drained
1 large onion, roughly chopped
4 cloves garlic, finely diced or whole
2 bay leaves, whole
3 teaspoons dried oregano, divided and rubbed between your hands
¼ cup + 2 tablespoons dried and ground ancho chili powder, divided
2 quarts chicken stock or enough to cover all the ingredients (I like homemade fortified with chicken base)
Black pepper to taste

Serve in bowls with corn tortillas or tostada shells

Optional toppings:

Lime wedges (pretty much obligatory)

Cabbage, finely shredded

Onion, diced

Radishes, sliced

Avocados, sliced

Additional dried oregano to sprinkle on top

Directions

1. Cube the pork into your preferred size of bite-size chunks and season liberally with the Goya adobo seasoning. This is going to cook a long time, so the flavors will fade. Feel free to season the meat the day before for an additional kick of flavor.
2. Place the seasoned meat in the slow cooker along with the drained hominy, chopped onion, garlic, bay leaves, 2 teaspoons of the oregano, ¼ cup of ancho pepper, chicken stock and pepper to taste.
3. Cook on low until the pork is tender to your liking, 4-6 hours, but it can sit on low for quite a while.
4. The flavors will have dulled some due to the long cook, so check for salt and pepper and add the last teaspoon of oregano and another 2 tablespoons of ancho powder about an hour before serving.



Greek Marinade, Super Simple

From YouTube's Ken Panagopoulos

Simple and devastatingly delicious. Fantastic on chicken, pork, beef, fish and of COURSE, lamb!

Ingredients

½ cup freshly squeezed lemon juice
¼ cup extra virgin olive oil
1 teaspoon dried oregano
1 to 3 cloves of minced garlic, to taste
salt and pepper to taste

Directions

Mix all the ingredients and marinate your meat. It really is that simple. The marinade will last for weeks in the refrigerator.

Gyros / Doner Kebab

From YouTube's Steve's Kitchen

Traditional gyros flavor

Ingredients

1 brown onion
1/2 a cup breadcrumbs
1 1/2 teaspoons salt
3 teaspoons oregano
1 teaspoon garlic powder
1 teaspoon black pepper
500g/1 pound ground beef
500g/1 pound ground lamb

Directions

1. Preheat oven to 350 degrees F.
2. Peel and cut the onion in half, place in the food processor and turn on until it is finely chopped.
3. Into the processor add the breadcrumbs, salt, oregano, garlic powder and black pepper.
4. Then add the ground beef and lamb and turn on the processor to allow all the flavors to mix together.
5. Place the mixture into a loaf pan (such as a 2-pound pan) and firmly press down and smooth the top.
6. Bake at 350 for 30 minutes until the top is golden brown.
7. Remove from the oven and tip the meat onto a roasting tray and place back in the oven for another 30 minutes to brown the underside of the meat. The internal temperature of the meat should reach 160 degrees.
8. Remove from the oven and rest the loaf on its side for 15 to 20 minutes before carving it for the gyros.

