

Eat Happy Kitchen
Anna Vocino

BOAR ON THE FLOOR (BOAR STEW)

(serves 4)

INGREDIENTS

- 1 2-3 pound wild boar shoulder or beef chuck roast
- 1/2 cup balsamic or other strong red wine vinegar (I use homemade Syrah vinegar)
- 1 tablespoon olive tapenade (make your own from Eat Happy or find one with no sugar added)
- 1 teaspoon minced garlic
- Juice of 1 blood orange (or you can use a regular orange)
- Salt and pepper
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 2 rosemary sprigs

INSTRUCTIONS

Cut roast into stew meat pieces, about 1.5" in size.

In a mixing bowl, whisk together vinegar, tapenade, blood orange juice, and garlic.

Season stew meat pieces well with salt, pepper, onion powder, and garlic powder.

Put stew meat pieces into slow cooker. Pour liquid vinegar mixture over stew meat. Place rosemary sprigs in slow cooker. Cook on low 8-10 hours, until stew meat pieces are fall apart tender. Serve immediately.