

Antigua & Barbuda — Stew Pork with Pineapple (Island Style)

Locally you'll hear it simply as "stew pork"; pineapple is a popular home-style addition. Serves 4 · ~55 minutes



Photo: courtesy of Lambros

Ingredients (serves 4)

- 700–800 g pork shoulder, 2–3 cm cubes
- 1 tsp salt · 1/2 tsp black pepper · juice of 1 lime
- 2 tbsp oil · 1 onion, sliced · 3 garlic cloves, minced
- 1 red bell pepper, sliced
- 1 tsp thyme · 1/2 tsp allspice · 1/2 tsp paprika
- 1 tbsp brown sugar · 1 tbsp tomato purée
- 250 g pineapple chunks (fresh or drained canned)
- 400 ml light stock · 1 tsp soy or Worcestershire
- 1 small Scotch bonnet or mild chilli, whole & pierced (optional)

Method

- 1 **Season & brown.** Toss pork with salt, pepper and lime. Brown in oil; remove.

- 2 **Build base.** Sauté onion/garlic 2 min; add thyme, allspice, paprika 30 sec. Stir in brown sugar and tomato purée.
- 3 **Simmer.** Return pork. Add bell pepper, pineapple, soy and stock (+ whole pierced chilli).
- 4 **Finish.** Simmer covered 35–40 min until tender and glossy. Uncover last 5–10 min if you want it thicker. Squeeze a little lime; adjust seasoning.

Serving

- Steamed rice or peas & rice
- Fresh coriander/parsley and lime wedges
- A side of simple cucumber–tomato salad

Notes

In Antigua & Barbuda, “stew pork” refers broadly to brown-■stewed pork with island aromatics (thyme, allspice, Scotch bonnet). Pineapple is a common home addition and pairs beautifully with the savoury browning.