

## **FODMAP Carne Adovada Breakfast With Scrambled Eggs + Skillet Potatoes**

LOW FODMAP GLUTEN-FREE DAIRY-FREE IBS FRIENDLY

*A Celebrated Recipe from “Santa Fe’s Meeting Place” Landmark Restaurant*

### **Let’s FODify It!**

Carne Adovada is a New Mexican pork dish that is cooked in a red chile braising sauce until fork tender. The braising liquids thicken while cooking to perfectly coat the pork. This breakfast version is inspired by The Pantry; a landmark New Mexican restaurant known as “Santa Fe’s Meeting Place.” I’ve always ordered their Traditional Breakfast of Carne Adovada, 2 eggs scrambled, Pantry fries (house made crispy country-style), and a corn tortilla.

Traditionally, the braising sauce is made by rehydrating dried red chile pods that are soaked in hot water and pureed into a sauce with spices, chicken stock and vinegar.

Pictured below are red chiles that ripened to a bright red, were hand-picked, then dried in the sun –

At the writing of this recipe, dried red chile pods have not yet been tested by Monash, and because they are a dried fruit, may be high FODMAP in the amount needed for a decent portion of sauce. Let’s keep an eye on the Monash smartphone app for food testing updates.

I’ve developed this recipe using a base of pure red chile powder and swapping in red bell pepper for the chile pods. (Click [HERE](#) for a quick explanation of chile vs. chili powder and why they are not interchangeable in Low FODMAP cooking.)

Low FODMAP garlic infused oil replaces the chopped garlic cloves, and fresh chives are used in place of yellow or white onion. The remaining ingredients are true to the original dish. Click [HERE](#) for my Low FODMAP Garlic-Infused Oil recipe and step-by-step instructions.

### **You will need:**

A large nonstick ovenproof skillet with lid or a Dutch oven for searing and cooking the pork.

Allow for 2 1/2 hours to oven-braise the pork.

**SERVES: 6**

**INGREDIENTS:**

**BRAISED PORK INGREDIENTS:**

1, 3 to 3.5-pounds (1361 to 1588 g) boneless pork loin with fat, cut into 1 x 2-inch (2.5 x 5 cm) pieces

(OR)

1, 3 to 3.5-pounds (1361 to 1588 g) boneless pork butt roast, trimmed of fat, cut into (2.5 x 5 cm) pieces

3/4 tsp (4 g) fine sea salt

1/2 tsp fresh ground black pepper

1/4 cup (60 ml) low FODMAP garlic infused canola oil, divided

1 large 8.5-ounce (240 g) red bell pepper, stem, seeds and membrane removed, cut into 1/2-inch (1.25 cm) pieces; this will yield 6-ounces (170 g) of pepper to cook with[

2 1/2 cups (590 ml) low FODMAP chicken stock

3 Tblsps (45 ml) red wine vinegar

2 Tblsps (6 g) fresh minced chives, plus 1 Tblsp (3 g) more for garnish

1 Tblsp plus 1 tsp (8 g) plain, pure mild red chile powder, containing no onion, garlic or other high FODMAP ingredients, the label should list: red chiles

1 1/2 tsps ground cumin

1 tsp light brown sugar

1 tsp dried oregano

1/8 tsp ground cloves

1 tsp cornstarch, optional

1 tsp water, optional

**SKILLET POTATOES INGREDIENTS:**

2 pounds (907 g) medium-size red potatoes

2 Tblsps (30 ml) olive or canola oil

3/4 tsp fine sea salt

1/2 tsp fresh ground black pepper

## **SCRAMBLED EGGS + ADDITIONAL INGREDIENTS:**

12 large eggs

2 Tblsps (30 ml) plain, unsweetened almond milk

1/4 tsp fine sea salt

2 tsps (10 g) low FODMAP butter alternative, such as Earth Balance Vegan Buttery Sticks

6 (19 g each) gluten-free yellow or white corn tortillas

6 limes wedges

## **METHOD:**

For the Pork: Preheat oven to 325 F / 165 C

Evenly dust the pork chunks with salt and pepper.

Pour 2 Tblsps (30 ml) garlic oil into a large nonstick ovenproof skillet over high heat. Place 1/2 of the pork into the skillet and sear for 1 minute to just browned. Use a fork to flip each piece over and sear 1 minute more. Transfer to a plate. Repeat for the remaining pork. Set aside.

To the same skillet over medium high heat, add remaining 2 Tblsps (30 ml) garlic oil. Add the red bell pieces and sauté for 4 minutes to just tender. Add the chicken stock, vinegar, chives, red chile powder, cumin, brown sugar, oregano and ground cloves. Stirring often, when it begins to boil, remove from heat. Allow to cool for 5 minutes.

Carefully ladle into a blender. Cover the lid with a kitchen towel to avoid splatters. Blend on high for 1 to 2 minutes or until the peppers are completely blitzed with no visible pieces of skin.

Pour the sauce back into the skillet. Add the meat and stir to coat. Cover with the skillet lid and transfer to the oven. Cook until the pork is fork tender; checking at 2 hours and cooking 1/2 hour longer if the meat is still tough.

For the Potatoes: When the pork has reached 2 hours cooking time, rinse the potatoes under cool water. Cut into quarters and pat dry.

Pour 2 Tblsps oil into a large nonstick skillet over medium high heat. Add the potatoes cut side down. Cook undisturbed for 5 to 7 minutes or until golden brown. Using metal tongs, turn the potatoes to the second cut side down and cook undisturbed for 5 to 7 minutes or until golden brown. Reduce heat to medium low, stir the potatoes and cover with lid (or foil). Cook 6 to 8 minutes until fork tender. Remove from heat and transfer to

a plate. Lightly and evenly dust with salt and pepper. Keep covered with foil until ready to plate.

Now that the pork is fork tender, use a slotted spoon to place the meat into a bowl. If the pan sauce has a gravy consistency that is thick enough to coat the meat, the following step is not needed. Simply pour it over the meat and gently fold with a spatula to evenly coat each piece of pork.

If too liquidy, use an oven mitt to place the pan over high heat. Bring to a boil then reduce to medium high. Stir occasionally as it reduces and thickens, about 5 minutes. If you prefer a thicker sauce, make a slurry of 1 teaspoon cornstarch (gluten-free if you are following a gluten-free diet) with 1 teaspoon cold water in a small bowl. Pour it into the sauce, stir for 2 minutes and pour over the pork to coat.

For the Eggs: Whisk the eggs, milk and salt until pure yellow with no visible streaks.

Melt the butter alternative in a large nonstick skillet over medium high heat. Add the eggs. Using a silicone spatula, gently push and fold the eggs around the pan as they form curds. Continue to gently fold, lift and push until cooked through but still shiny, about 3 to 4 minutes. Remove from heat, cover with lid (or foil) to keep warm.

To Assemble: Warm the tortillas by placing 3 on a microwave safe plate and covering with a damp (not soaked) paper towel. Microwave for 25 seconds and place into a tortilla warmer or wrapped in foil to keep warm. Repeat for remaining 3 tortillas.

Place one portion carne adovada, scrambled eggs and skillet potatoes on each plate. Nestle the tortillas between the eggs and potatoes. Garnish with minced chives and a lime wedge. Serve immediately.

**TIPS:**

Tablespoons = US Standard/Imperial 3 teaspoons per

A pork butt roast is great for Carne Adovada, as the fat content releases wonderful, juicy flavors. Every now and then I get an overly fatty roast that yields far less meat, which is why I also recommend a pork loin with a thin layer of fat. This assures that I will always have enough meat for each serving. Given the choice, I recommend a pork loin with a thin layer of fat.

If you are able to tolerate, use conventional cow's milk butter to cook the scrambled eggs in place of butter alternative.

Thin sliced green parts of scallions may be used if fresh chives are not available.

I prefer medium-size red potatoes for pan cooking because they brown and crisp well and remain creamy in the center.

Carne Adovada served with white or brown rice and a simple side salad of lettuce, sliced radish, grated carrot, olive oil and red wine vinegar makes a delicious main course.

This recipe was assessed by Dede Wilson of FODMAPeveryday:  
[www.fodmapeveryday.com/](http://www.fodmapeveryday.com/)



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