

“Rojões de Porco”—Portuguese Pork Stew

Portugal is known for its pork, especially from the famous black Iberian pig. Bobi loved any type of pork, but he preferred the finest, which means muscle meat instead of ground. This Portuguese-inspired dish captures the best of Portugal’s coastal climate with one of its beloved delicacies, blending flavors together for a colorful, hearty stew.

Adult Canine Less Active, with Supplements

Yields 5½ pounds

37 calories/ounce

32 ounces (2 pounds) pork muscle meat, 95 percent lean
 16 ounces raw spinach
 9 ounces raw or canned sardines (packed in water)
 4 large eggs, shelled
 4 ounces sweet green peppers
 4 ounces sweet red peppers
 4 ounces fresh tomatoes
 4 ounces carrots
 4 ounces potatoes (with skin)
 85 grams olive oil
 8 grams fresh garlic
 8 grams ground turmeric
 12 grams eggshell powder

Supplements

- 1,125 micrograms iodine
- 8 milligrams copper
- 45 milligrams zinc
- ½ tablet vitamin B complex (B50, 50 milligrams), crushed
- 100 IU vitamin E

1. In a large bowl, mix food ingredients (except eggshell powder) together.
2. In a small bowl, mix all supplements and eggshell powder together, stirring well.
3. Dust ½ the powder over food and mix very thoroughly. Add remaining powder and mix thoroughly again.
4. Serve raw, poached, or gently cooked.