

The Pork was an offcut from our latest home cured Bacon, so to wasn't the biggest bit of meat.

Ingredients:-

300g of Pork Loin
1 Leak, chopped
50g of Kale, chopped
50g of Frozen Peas
500ml of Chicken Stock
1 Tsp of Fennel Seeds
1 Tbsp of Pomegranate Molasses
1 Tsp of Sesame Oil
1 Tsp of Whole Grain Mustard
½ An Onion, chopped
Salt & Pepper to season
A handful of chopped Parsley, to garnish

Method:-

(1) Add the Sesame Oil to the Rind of the Pork and rub in a little Salt.
(2) Add the Pork to a roasting tin with 250ml of Stock.
(3) Sprinkle the Fennel Seeds over the Pork.
(4) Place in a pre-heated oven at 200c for 15 minutes.
(5) Reduce the heat to 150c and cook for 1 ½ hours until the Pork is tender.
(6) Remove the Pork and set aside.

(7) Add the Stock from the tray to a frying pan with the Onions.
(8) Bring to the boil and then reduce to a simmer.
(9) Add the Leeks, Kale and Peas with the remaining Chicken Stock.
(10) Add the Mustard, Parsley and season with Salt & Pepper.
(11) Add the Pomegranate Molasses and simmer for 5 minutes.
(12) Slice the Pork diagonally and serve oven the Kale / Leek combination with the cooking juices pored over.
(13) Garnish with Parsley and enjoy.

We actually called the greens ?Green Windy Mountain? You can probably work out why!