



Well the very unpromising looking Pork Shank actually turned out to be incredibly good. This recipe is certainly well within our self imposed budget and packed with flavour.

Ingredients:-

1 Pork Shank
3 Cloves of Garlic, minced
1 Onion, diced
4 Anchovies
2 Tbsp of Tomato Puree
1 Tin of chopped Tomatoes, plus a tin of water
2 Tbsp of mixed Olives
A Handful of fresh Basil, chopped. Plus some to garnish
2 Tbsp of Red Wine Vinegar
1 Tbsp of Capers
½ Tsp of Cayenne Pepper
½ Tsp of Sugar
Salt & Pepper to season
Grated Italian style Cheese to garnish
Oil to fry

Methods:-

- (1) Season the Pork with Salt & Pepper.
- (2) In a large pan or Dutch Oven heat a little Oil over a high heat and sear the Pork on all sides.

- (3) Remove and set aside.
- (4) Reduce the heat and fry the Onions until softened.
- (5) Add the Garlic and stir in. Cooking for a further minute.
- (6) Add the Anchovies and Tomato Puree.
- (7) Add the Tinned Tomatoes, Water, Olives, Cayenne Pepper and Sugar.
- (8) Simmer for 2 minutes.
- (9) Return the pork.
- (10) Cover and place in a pre-heated oven at 150c for 4 hours until the Pork is tender.
- (11) Remove the Pork and shred. Discarding the bones and skin (The Foxes loved the skin!)
- (12) Return the Pork and place on the hob to simmer until the sauce has thickened.
- (13) Garnish with chopped Basil and Italian style Grated Cheese.

We served ours on a bed of Gluten free Spaghetti, which worked really well.