

Yes we are out of sequence as theoretically it should be ?K? next. But Pork Cheeks for £1.40? Can't really pass that up can we?

For those of you who don't like ?Odd? cuts of meat this might be a bit challenging, But Cheeks are tender, have very little fat and take on flavours really well. So here goes....

Ingredients:-

2 tbsp Olive Oil for frying

1 large Onion finely chopped

500g of Pork cheeks

1 tbsp Flour seasoned with salt and pepper

3 Garlic cloves crushed

½ tsp ground Cumin

1 tsp Paprika

1 Cinnamon stick

1/2 cup dry red wine (Very cheap little 1 serving bottle from the local shop £1.20 - I'll probably not drink it! But good for cooking)

2 cups Beef stock

Method:-

- (1) Heat 1 2 tbsp Olive Oil in a large pan then add the onion.
- (2) Cook gently for 10? 15 minutes until softened and lighty coloured. Remove and set aside.
- (3) Toss the cheeks in the seasoned flour. Add a little more oil to the pan and turn up the heat.
- (4) Brown the Pork cheeks all over in batches, setting them aside when browned. Turn the heat down to medium.

- (5) Return all the Pork and the onions to the pan. Add the Garlic, Cumin, Paprika, Cinnamon and cook for a minute.
- (6) Pour in the wine. Deglaze the bottom on the pan.
- (7) Pour in the Beef Stock then bring the pan to a simmer.
- (8) Simmer gently for 2 hours or until the cheeks are tender.

We're thinking about serving on a bed of mashed Potatoes with veg. We shall see!