



OK Pork Shanks aren't the most appealing looking cut of meat, let's be honest. But neither are Lamb Shanks and they command premium prices in restaurants. It's just a matter of cooking them slowly and infusing great flavours into the meat. We had two Shanks between us and probably had twice the quantity of meat we would usually eat. We also had enough casserole for another meal each which is now loitering in the freezer for a rainy day!

Ingredients:-

Pork Shanks

1 Onion

2 Cloves of Garlic, minced

2 Carrots, cut into batons

¼ tube of Tomato Purée

A glug of Cider vinegar

½ tsp Chilli flakes

A spring of fresh Rosemary

¼ tsp toasted Cumin / Coriander seeds

¼ tsp Dill

¼ tsp Paprika

A tin of chopped Tomatoes

2 Bay leaves

1 pint of Stock

Oil

Salt & Pepper

Method:-

- (1) Season the Pork with Salt & Pepper and on a medium heat seal the meat on all sides in a frying pan with a little oil.
- (2) Remove the meat from the pan and add the Onions, Garlic and Carrots and cook gently for about 5 minutes.
- (3) Stir in the Tomato purée and continue to cook until the vegetables are caramelized.
- (4) Add the Vinegar and stir until the Vinegar has evaporated.
- (5) Add the stock and bring to the boil.
- (6) Reduce the heat and simmer for 5 minutes.
- (7) Return the Pork to the pan and add the Chilli flakes, Rosemary, toasted Cumin / Coriander seeds, Dill, Paprika, Bay leaves, tinned Tomatoes and bring to the boil.
- (8) Transfer to a casserole dish and cook at 170c for at least 2 hours. Alternatively transfer to a slow cooker and cook on high for about 4 hours.
- (9) The meat should be very tender and almost falling off the bone

We served our with boiled Turmeric Rice and dressed with a little deep fried Cabbage to add some colour.