



**We're in the cheap seats / meats again! Pork Shank for £1.29 This recipe takes a bit of time, but the meat is really tender and absorbs the flavour remarkably well. Oh and Sue had a few choices of vegetables, so she cooked them all it seems!!!!**

### **Ingredients:-**

1 Carrot  
1 Onion  
1 Potato  
1 Bay leaf  
A sprig of fresh Fennel (We have an Edible Garden nearby)  
1 tbsp Cumin Seeds  
1 tbsp Coriander seeds  
4 cloves of Garlic  
Garlic Salt  
Onion Salt  
Salt & Pepper to taste

### **Method:-**

- (1) In a large pan boil the Pork shank with all the above ingredients in enough water to cover the meat for an hour.
- (2) Reserve the boiling Stock for later use or to make a soup from.
- (3) Remove the Shank and allow to cool to room temperature.
- (4) Cut the skin horizontally half inch intervals.
- (5) Sit the Shank in a roasting tray with some of the Stock and roast at 190C for about an hour.

(6) 20 minutes before removing from the oven increase the temperature to 220 to crisp the skin.

**As you can see we had a few bits of veg with ours! Oh and the obligatory giant Yorkshire Pudding. I mean a roast dinner without Yorkshire Pudding would be travesty?..**