

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
- 1/2 Tsp of Cayenne Pepper
- 1/2 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 Over 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 Petter 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 shared. Discarding the bones and skin (The Foxes loved the skin!)
- (12) Return the Pork and place on the hub 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.