Honeyed Pork Casserole

*Adapted from a National Trust recipe. Serves 4-6*

Ingredients

1kg diced Pork Shoulder

20ml oil

400gm chopped Onions

800gm Carrots cut into chunks

400gm Leeks thickly sliced

200gm Celery cut into chunks

1x 400gm tin Borlotti Beans

1x 400gm tin Chickpeas

100gm Honey

1 Chicken Stock Cube

50ml Worcestershire Sauce

30gm Tomato Paste

1x500ml Bottle Apple Cider

2tsp Plain Flour

Salt & Pepper to taste

Method

Heat half the oil in a large pan and fry the cubed pork until it is coloured on all sides, place in a large casserole dish.

 Add the remaining oil and fry the onions until cooked and slightly caramelised. Add to the meat in the casserole. If needed add a little more oil and saute the carrots, leeks and celery before adding to the casserole.

Deglaze the pan with a little of the cider, add the stock cube, tomato puree, Worcester sauce and honey. When combined add the remaining cider and pour over the pork mix.

Cover and place in the oven for 1hr at 170oC.

 Remove from the oven and add the drained chickpeas and borlotti beans. If the sauce needs thickening mix together the flour with a little cold water to make a runny paste, add some of the warm liquid from the pork before adding to the casserole to avoid lumps. Gently mix together and return to the oven for another 30 mins or until the casserole is bubbling and the meat and vegetables are tender.