

Pork with Prunes



Serves 4

Prep 25 mins

Cooking 1h 15 mins

Easy

Ingredients

2 tbsp olive oil

25g butter

1 kg boneless pork shoulder, trimmed & cut into cubes
rind of an orange, pared thinly, not grated

2 cloves

2 fresh sage leaves

500ml dry cider

125g pitted prunes

1 tbsp quince or apple jelly

salt & pepper

1. Preheat oven to 160C/ Fan 140C/ Gas 3. Heat the oil & butter in a large flameproof casserole and brown the pork, in batches, on all sides. Remove with a slotted spoon, then fry the onion until softened.
2. Return the meat to the pan, and add the orange rind, cloves, sage leaves and cider. Bring to the boil, then cover and transfer to the oven for 30 mins. Add the prunes and cook for a further 30 mins, or until the pork is tender.
3. Using a slotted spoon, transfer the pork, prunes and onions to a plate. Discard the rind, cloves and sage. Skim off any fat from the liquid. On top of the stove, bring the liquid to the boil and reduce, uncovered, over a high heat, for about 5-10 mins, until syrupy. Reduce the heat, add the jelly and stir until it dissolves. Season to taste and return the meat, prunes and onions to the pan. Reheat gently, then serve.