

Slow Braised Pork Shoulder with Cider & Parsnips



Serves 5 **Prep 20 mins** **Cooking 2h 30 mins** **More effort**

Ingredients

2 tbsp olive oil
1kg pork shoulder, diced
2 onions, sliced
2 celery sticks, roughly chopped
3 parsnips, cut into chunks
2 bay leaves
1 tbsp plain flour
330ml bottle cider
850ml chicken stock
handful parsley, chopped mashed potato & greens, to serve (optional)

1. Heat oven to 180C/160C fan/gas 4. Heat the oil in a large lidded flameproof casserole and brown the meat in batches, then set aside. Fry the onions, celery and parsnips with the bay leaves for 10 mins until golden brown. Sprinkle in the flour and give a good stir, then add the pork and any juices back to the dish.
2. Add the cider and stock so that the meat and vegetables are covered. Season and bring to a simmer, then cover and put in the oven for 2 hrs. Serve sprinkled with parsley, with mashed potato and greens, if you like.