

AROMATIC EASTERN SLOW COOK PORK

Feeds: 4
Time to cook: Approximately 2 hours
Oven temperature: Gas Mark 5, 190°C, 375°F

Take....

Lean pork collar, shoulder or leg joint
Root ginger
Garlic cloves
Soy sauce
Orange juice
Sesame oil
Brown sugar
Hoisin sauce



Make....

Take **900g (2lb) lean boneless collar, shoulder or leg joint**; cut string off joint and flatten out. Cut into 6-8 large chunks removing any excess fat.

In an ovenproof casserole, mix together **2.5cm (1") root ginger**, peeled and thinly sliced, **4 cloves garlic**, squashed, **30ml (2tbsp) soy sauce**, **200ml carton orange juice**, **5ml (1tsp) sesame oil**, **30ml (2tbsp) brown sugar** and **30ml (2tbsp) hoisin sauce**. Add pork chunks and mix together.

Cover with lid and cook for about 2 hours until meat is very tender and almost falling apart. (Add a little extra orange juice if you like it more saucy.)

Eat....

Serve with rice and a stir-fry of mixed mushrooms, mange tout and torn basil leaves.

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