

Braised Pork with Prunes



what you need

- 600g John Penny pork shoulder, roughly cut into 5cm chunks
- 1 tbsp olive oil
- Small knob butter
- 1 onion sliced
- 1 tbsp plain flour
- 2 large glasses fruity ros  or white wine
- 300ml chicken stock
- 140g dried prunes (about 12)
- Bay leaf to serve

Preparation time: 10 mins

Cooking time: 1 hr 50 mins

Serves: 4

how to cook

- 1 Heat the olive oil in a flame-proof casserole pan and cook the pork, turning occasionally, until it is golden brown all over, about 10 minutes.
- 2 You need plenty of space in the pan, so cook in 2 batches if the meat starts to steam.
- 3 Remove from the pan to a plate. Tip out any burnt bits, then add the butter and cook the onion for 3-5 minutes until softened.
- 4 Stir in the flour, then return the pork and juices to the pan.
- 5 Pour over the wine and enough stock to cover the meat. Bring to the boil, reduce to a simmer, put the lid on and cook for 45 minutes, stirring occasionally.
- 6 Tip in the prunes, top up with stock or water if the meat isn't covered, and cook 45 minutes more, uncovered, until really tender.
- 7 Serve with bay leaves.