

**GF Friendly**

**Braised Pork**

**A joint of pork cooked on the stove top**

Braising a joint of meat can be done in the oven, but I preferred to try it on the stove-top and it worked really well. If done this way you will need a reasonably large pan with a tight-fitting lid. The beauty of braising is that cheaper cuts of meat are basically tenderised by steaming; and vegetables like potato, carrot, celery and even whole onions can be cooked in the same pan. I chose pork, but any other meat like beef or lamb could be substituted; and it can be cooked to the point where it is easily shredded for pull-apart sandwiches, rolls or pasties.

- 600g pork joint
- 2 small potatoes
- 1 large carrot
- 1 chicken stock cube or 1 tsp powder
- 2 sprigs fresh thyme (optional)
- Hot water
- Gravy powder for thickening the sauce



Put about 5 cm (2 inches) of hot water in the pan and stir in the crumbled stock cube or powder. Trim any fat from the meat which you can then fry first to brown; but I didn't bother. Place the meat in the stock top-side down and leave while preparing the vegies.

Peel the potatoes and cut in half lengthways. Do the same with the carrot, then cut into thirds across the width. Remove the meat and arrange the vegetables in the stock. Place one sprig of thyme on them (if using); put the meat back in right side up with the other sprig of thyme on top. Bring this to the boil on the hob; then turn down to simmer with the lid on for about 1 hour; basting with stock a couple of times and topping up the water if necessary. This should cook the vegies which can be removed for re-heating prior to serving. Continue simmering the meat in the stock for a further 20 minutes; then slice as you wish. Stir the gravy powder into the stock and re-heat until thickened.

Serves 4 with extra vegetables Okay to freeze

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