

We did the ?Around the world for £4 or less? a while ago. It?s time for another little foodie challenge. So ?Ingredients Alphabet? seems like a cool idea. We might need to use some American terminology, Zucchini for example. But we?ll see how it goes!

Slow roasted Pork shoulder with Aubergine, Chilli and Lemon.

Aubergine has the ability to soak up seeming five times it?s body weight in oil and Pork shoulder is naturally quick a fatty cut. So I though this combination might work?.

Ingredients:-

1 Aubergine, sliced
Pork Shoulder
Potatoes, quartered
Dried Chillies
The juice of a Lemon
1 litre of Beef Stock
Salt & Pepper to season
Oil

Method:-

(1) Score the rind quite deeply and rub a little oil, Salt and Pepper into the cuts.
(2) Pour the stock into an oven proof deep sided trap or casserole and layer the Potatoes and then the sliced Aubergine in the bottom.
(3) Add the dried Chillies and pour the Lemon juice over the Aubergine slices.
(4) Lay the Pork shoulder over the top and place in a pre-heated oven at 200C.

(5) Allow 20 minutes for the crackling to crisp and then reduce the heat to 160C.
(6) Allow to braise slowly for several hours until the meat is very tender and shreds easily when you slide a fork into it.

We served ours with the outer leaves of a Cabbage fried in Chilli oil and boiled Carrots.