



Pork Loin was on offer yesterday so we thought we'd carry on with the Swedish theme.

Ingredients:-

- 1 Pork Loin
- 1 Tbsp of Garlic Butter (Garlic Dairy free Margarine for us)
- ½ Tsp of Ground Ginger
- 200ml of Beef Stock
- 2 Sprigs of Thyme
- 2 Sprigs of Rosemary (Foraged in this case)
- Salt & Pepper to season

Method:-

- (1) Smother the Pork in the Garlic Butter.
- (2) Rub with the Ground Ginger and season with Salt & Pepper.
- (3) Place the Pork in a baking tray and pour the Stock around it.
- (4) Lay the Thyme and Rosemary over the top and cover with foil.
- (5) Place in a pre-heated oven at 160c for 20 minutes or until the Pork is just cooked through.
- (6) Remove from the tray and allow to rest before slicing.
- (7) Use the Stock from the tray as the foundation for a sauce / gravy.

We served ours with Fried Kate & Chorizo and Hasselback Potatoes. It's not often that Sue will freely say ?That was really good?!