

PORK, CELERY AND CIDER CASSEROLE



For 4
10 minutes preparation
2 hours 20 minutes cooking

Ingredients

- 1.2 kg pork shoulder cut into chunks
- 2 tablespoons olive oil
- 3 onions, peeled and sliced
- 2 sticks of celery, with a few leaves, chopped
- 1 large carrot, peeled and chopped
- 2 cloves garlic
- 2 bay leaves
- A sprig of fresh thyme
- 2 tablespoons plain flour (optional)
- 300ml dry cider
- 500ml chicken or vegetable stock
- Fresh parsley to garnish

You don't have to restrict the vegetables to just celery here, of course. Any root veg will work nicely too, as would beer instead of cider.

Fresh bay and thyme should figure strongly too.

Method

- 1.** Heat the oven to 160c.
- 2.** In a heavy based casserole with a lid, heat the oil and brown the meat, all over. Do this in stages, so as not to crowd the pan and stew the pork!
- 3.** Remove the meat and reserve. Add a little more oil if necessary and cook the onions, carrot, celery, bay and thyme over medium heat for about 8 minutes. You want them to be a little bit tender, and nicely golden.
- 4.** Put the pork back in and stir everything together for a minute. Sprinkle with the flour if you are using it, then stir until everything is coated and gently sizzling.
- 5.** Pour in the stock and the cider, stirring and scraping the bottom of the pot for all the tasty goodness. Season and bring to the boil. Then put the lid on and pop the casserole in the oven for 2 hours.
- 6.** Garnish with parsley, and serve with the cheddar shortbread and mashed carrots and parsnips.