



Andy's Pork Magnifico

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Serves 2

Ingredients:

Cooked Pork, cut into thumbnail chunks

1 Red Pepper – sliced and diced

2 Cooking Onions - sliced

2 Medium Flat Mushrooms – chopped

4 Medium Potatoes

Chicken Stock, Butter, Olive Oil

Wash potatoes, microwave on full power for 6/7 minutes. You want them to half cook, not crisp up. When cool, chop into thumbnail chunks.

Combine a little butter and olive oil and cook onions for a minute or two then add the red peppers. Season well. After a further 2 minutes, add the mushrooms. Cook for a further 2-3 minutes.

Prepare $\frac{3}{4}$ pint of good chicken stock and add to the pan with the veg. After 4/5 minutes, add the cooked pork and some curry powder/chillies or spices, depending on taste, but the subtler the better.

Let it all bubble and reduce. Let the ingredients in the pan, take all the stock. Be patient. When finished, leave to cool.

Melt some garlic butter and oil in a second frying pan and add the potatoes on a medium heat. Start them gently and fry until they are starting to colour.

Take them off the heat, drain them in kitchen paper and allow to cool. Grease an oven dish and place two stainless steel cooking rings on it.

Put all the ingredients together in a bowl, mix together well and insert into two cooking rings, making sure you push down firmly. Put in an oven dish, place in the fridge, covered, preferably overnight.

Next day, place the oven dish in the oven and cook for around 30 minutes. Carefully remove the food from the rings, using a sharp knife. Serve with Ratatouille - or Broccoli and Grilled Tomatoes.

Magnifique!