



minced pork

slow cook



cooking time from: 1 hour

method

Pre heat your oven to 160°C / 140°C fan-assisted (gas 3).

Remove your mince from the packaging.

Season the mince with sea salt & cracked black pepper before searing in a little lard or rapeseed oil in a casserole dish over high heat until brown then drain away any excess fat then add a splash of Worcester sauce, a tablespoon of red wine or sherry vinegar then add 350ml of chicken or pork stock, 1 tablespoon tomato paste (optional) & thicken with a tablespoon corn flour mixed with a little cold water and stirred into the simmering broth.

Cover & place in the centre of the oven and cook for 45 minutes.

Meanwhile neatly dice equal amounts of onion, carrot and celery or my preferred choice of celeriac & soften the diced vegetables in a separate pan with a little butter for 4 to 5 minutes then add to the mince & simmer for a further 15 minutes.

Remove from oven & serve straight away.

for best results, slow cook this cut

Oven Temperatures	°C	°F	Gas Mark
Very Cool	140°C	275°F	1
Warm	160°C	325°F	3
Fairly Hot	190°C	375°F	5
Hot	220°C	425°F	7
Very Hot	240°C	475°F	9

The core temperature is measured from the centre of the meat. For perfect cooking and measuring internal temperatures, we recommend a 'Meater+ Wireless Thermometer'. Available in our pantry now.

Whilst I personally develop, try and test all our recipes and cooking guides, heritage breed animals can vary immensely, therefore cooking times are a guide only. Please ensure all products are cooked through and hot before serving. Enjoy!

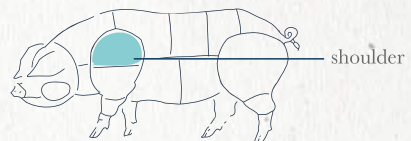


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