



Pork Guard of Honour

Serves: 8

- 4lb (1.75kg) Anna's Happy Trotters loin of pork in two pieces with 5 chops in each

Wrap the trimmed bone ends with foil to prevent burning and place upright in a small roasting tin. Preheat oven to 220°C, 425°F, Gas mark 7 and cook for about 1.5 hours. Pierce with a fine skewer in the middle of the thickest part. If juices run clear the meat is cooked.

Serve with Risotto...

- 1 tbsp sunflower oil
- 4oz (100g) brown rice
- 3oz (75g) dried apricots, chopped
- Grated rind and juice of 1 lemon
- 1 onion, chopped
- 0.5pt chicken stock
- 1oz (50g) pinenuts
- Salt and pepper

Soften onion in the oil and add rice. Stir well.

Add stock and apricots, cover and simmer for about 15mins, until liquid is absorbed.

Stir in pine nuts, lemon rind and juice and season to taste.

Set aside and serve hot with the pork.