

PORK WITH PRUNES, OLIVES AND CAPERS

(adapted from Nigella Lawson)

1.5kg pork shoulder – diced into pieces
375 ml dry white wine
200g pitted prunes
75g pitted black olives
2 Tbsp capers
2 tbsp Herbes de Provence
2½ tsp sea salt flakes
freshly ground black pepper
250ml water
lemon juice to taste
fresh parsley leaves to serve (optional)

In a large freezer bag add the diced pork, wine, prunes, olives, capers, Herbes de Provence, salt and pepper. Seal the bag and marinate overnight in the fridge.

Before cooking it, take out of the fridge a couple of hours before it goes in the oven to bring it to room temperature.

Heat the oven to 300 F.

Put the marinated pork into a large casserole dish, then add water. Stir together, put the lid on cook in the oven for 2.5 to 3 hours. The pork will be soft and tender. Sprinkle with fresh parsley if so desired, and a nice squeeze of lemon juice.