

Spanish pork



Pork and bacon 17

Spanish pork

Serves: 4

Preparation time:
15 minutes

Cooking time:
45 minutes to 1 hour

Calories per serving: 450

1½/4½/75g pork fillet
1 clove of garlic
100g/15g lard
¼ pint/125ml dry white wine
2 level teaspoons ground cumin
salt and pepper
3 thin slices of lemon
1 level teaspoon ground coriander

- 1 Cut the meat into 1in/2.5cm cubes and pat it dry with kitchen paper.
- 2 Skin and crush the clove of garlic. Heat the lard in a frying pan and fry the meat on all sides, turning it all the time, so that it does not catch on the bottom of the pan. Keep the heat high and toss the meat as it cooks.
- 3 Remove the pan from the heat and stir in 6 tablespoons of the wine, together with the cumin, garlic and a good pinch each of salt and pepper. Use freshly ground pepper if possible.
- 4 Return the pan to the heat and bring to the boil, then lower the heat and simmer the pork for about 40 minutes, or until it is cooked and tender.
- 5 Stir in the remaining wine, add the lemon slices, and stir the mixture for 5 minutes. Stir in the coriander and cook, stirring, for 1 minute. Garnish with thin slices of lemon and serve with plain boiled rice.

To store: Allow the pork to cool completely, then transfer it to a lidded polythene box for freezing. Use within 3 months. Leftovers can be kept, covered, in the fridge and reheated gently the following day.

Cook's tip: If you have any leftover plain boiled rice, reheat it by steaming it in a metal sieve over a pan of gently simmering water, and serve it with the pork. Spanish pork is an excellent dish for entertaining, as it is quick to cook and has a delicious and different flavour.

Hamlyn Spanish Phrase

Brendan G. Carr



Hamlyn Spanish Phrase:

The book delves into Hamlyn Spanish Phrase. Hamlyn Spanish Phrase is an essential topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Hamlyn Spanish Phrase, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Hamlyn Spanish Phrase
- Chapter 2: Essential Elements of Hamlyn Spanish Phrase
- Chapter 3: Hamlyn Spanish Phrase in Everyday Life
- Chapter 4: Hamlyn Spanish Phrase in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Hamlyn Spanish Phrase. The first chapter will explore what Hamlyn Spanish Phrase is, why Hamlyn Spanish Phrase is vital, and how to effectively learn about Hamlyn Spanish Phrase.
3. In chapter 2, the author will delve into the foundational concepts of Hamlyn Spanish Phrase. The second chapter will elucidate the essential principles that must be understood to grasp Hamlyn Spanish Phrase in its entirety.
4. In chapter 3, the author will examine the practical applications of Hamlyn Spanish Phrase in daily life. This chapter will showcase real-world examples of how Hamlyn Spanish Phrase can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Hamlyn Spanish Phrase in specific contexts. This chapter will explore how Hamlyn Spanish Phrase is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Hamlyn Spanish Phrase. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Hamlyn Spanish Phrase.

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