



Spiced Pork Hot Pot

Serves: 6

- 2lb cubed pork
 - 2 medium onion roughly chopped
 - 4 crushed garlic cloves
 - 2 red peppers, roughly chopped
 - 1.5lb potatoes, peeled and chopped into 1" cubes
 - 3tbsp oil
 - 2tsp ground ginger
 - 1 cinnamon stick
 - 2oz pearl barley
 - 1 pint chicken stock
 - 2tbsp Worcestershire sauce
1. Heat oil in a casserole dish and brown meat in batches. Remove.
 2. Sauté onions and garlic until well browned.
 3. Add peppers, potatoes, cinnamon stick, pearl barley and ginger, then Sauté for 2 mins.
 4. Stir in stock, Worcestershire sauce and season well.
 5. Bring to the boil and replace meat.
 6. Cover and cook at 170°C (Fan 155°C) for about 2 hours until meat is tender.
 7. Adjust seasoning to serve.