



Sticky Pork - serves 6 +

The Thai style marinade keeps the pork beautifully moist and tender

Whole Pork fillet - from a traditional breed free range pig if possible.

Marinade

3tsp five spice

Seasoning

2 tbs dark brown sugar

1 tbs thyme

3 shallots – fine dice

2 red chillies – deseeded and fine sliced

3 tbs dark soy sauce

3 crushed cloves garlic

3 tbs oil

Marinate pork over night. Line a shallow roasting pan with foil. Put in pork + marinade. Roast 180C for 5 mins, turn oven down to 175C cook further 15 mins. Baste and turn twice.

Leave pork in pan and allow to cool in marinade. Pull foil over meat to keep it moist. When cold, reserve marinade juices, slice pork very thinly and drizzle with the remaining marinade over the pork

Serve with a crisp green salad of mixed leaves, fresh bean sprouts and cucumber. .