

Minced pork shoulder Ragu (serves 4)

*Our thanks from Cathy at **Case for Cooking** www.caseforcooking.co.uk who sent this delicious recipe. Very easy – you just need to remember to marinade the mince 24 hours before cooking.*

Ingredients for the meat marinade

500g-600g minced pork shoulder
1 tsp sea salt
1/4 tsp cayenne pepper
1/2 tsp freshly cracked black pepper
1 tsp smoked paprika
1/4 tsp chilli flakes
1/4 tsp fennel seeds
1/4 tsp dried oregano
1/4 tsp dried thyme
2 tsp dried basil
2 large garlic cloves
1 1/2 Tbsp good quality balsamic vinegar

Method

In a large mixing bowl, mix the marinade ingredients into the meat. Cover with cling film and leave in the fridge for 24 hours.

Ingredients for the ragu:

2 Tbsp olive oil
All of the marinated meat
1 large onion thinly chopped
2 large garlic cloves
1/2 tsp freshly cracked black pepper
1 tin (400g) of chopped tomatoes
1/2 tsp sea salt
1 1/2 tsp sugar
2 heaped Tbsp tomato puree

Method

1, Add the oil to a large pan over a medium heat. When the oil is hot, add the marinated meat, onion & the garlic. Gently fry until light brown, breaking the meat apart as you go.

2, Mix in the rest of the ingredients one by one & bring to a simmer. Reduce the heat slightly, cover and cook for 45 minutes & you're ready to serve with a pasta of your choice.

Tip from the Cooking Plumber:

If you have a good bottle of dry red wine handy and don't mind losing 1 Tbsp, add it to the minced pork marinade ingredients.