

Mrs Urquharts Lemon Roasted Pork Fillet with Garlic and Basil

Serves 6.

This recipe requires the fillets to be semi prepared and left to marinade the evening before if possible. Couscous is a nice accompaniment

Ingredients

2 Puddledub Pork Fillets about 12 oz (340gm)

Finely grated rind and juice of 2 lemons

6 tablespns chopped fresh Basil or Parsley

12 garlic Cloves, peeled and blanched

Salt and pepper

2-3 bay leaves

2 tablespns of oil

Herbs and lemon slices to garnish

Method

1. Trim the pork and split lengthways without splitting right through. Open each piece flat and sprinkle with lemon rind and basil
2. Halve any of the blanched garlic cloves. Lay along the middle of each fillet and season with salt and pepper
3. Close the pork and tie loosely with string at intervals. Place in a dish and with the lemon juice and bay leaves. Cover. Marinade overnight if Possible.
4. Pre heat oven to 200c
5. Remove the Pork and reserve the marinade. Heat the oil in a saute' pan and brown the meat. Transfer to a roasting dish with the marinade and roast at 200'c for 35 mins, basting frequently. Serve slices, garnished with lemon slices and herbs. Very nice with couscous