

Ingredients

- 3lb piece of belly pork
- 6 prunes, soaked for an hour, then stoned and chopped and mixed in with
- 3 oz fresh brown breadcrumbs
- 1 egg
- seasoning
- 1 oz butter
- 1 sprig of rosemary, chopped fine
- 1 finely chopped onion, sweated in the butter

Method

Spread the stuffing mixture into a "pocket" that you cut into the meat.

Oil any crackling.

Lay sprigs of rosemary in a meat tin and lay the pork on top.

Add just enough water to cover the bottom of the pan and roast at 190C for 25 minutes per pound plus 15 minutes over.

Occasionally brush the crackling with oil and as the water evaporates replace it with hot water from a kettle but never more than the original amount.

You can cover with foil if you feel that you need to but half an hour before the end remove the foil.

The stuffing will have a crisp brown top and there will be a rich fragrant sauce to serve with

the meat.

This goes well with Jerusalem artichokes in a creamy white sauce and plain English mustard.