

Ingredients

- 900g diced pork for casserole
- Salt and freshly ground black pepper
- 2 tblsp sunflower oil
- 1 large onion peeled and chopped
- 2 cloves of garlic peeled and crushed
- 1 red pepper, seeded and sliced
- 2 tblsp Seville marmalade
- 200ml red wine
- 200ml pork or chicken stock (approx)

Method

Place the flour in a tray or large plate and season with the salt and pepper.

Heat the oil in a large frying pan, toss the meat in the flour to coat it and fry quickly in the hot fat to brown. Don't crowd the pan and do it in batches if your pan is small.

Place the meat in a casserole, then lower the heat and lightly colour the onions in the pan then add the pepper and garlic stirring for a few minutes to soften and then add to the casserole.

Add the red wine to the pan and allow to bubble up, scraping any bits and pour it all into the casserole.

Stir in the marmalade and just cover with the stock.

Bring to the boil and reduce to simmer for 5 minutes and then place in the oven at 180C, gas mark 4 for 2 hours or until the meat is tender.

Serve with mashed potatoes or polenta.

