

View from the Fridge – Recipes from Brian Donkin

Recipe # 17 – Lomitos del Puerco

Marinading time: 4 hours

Preparation time: 30 mins – Cooking time: 1 hour

Ingredients

½ kg (1lb) of diced pork
1 large wine glass of corn oil
1 large wine glass of orange juice
25 crushed black pepper corns
6 jalapeno chillies
1 red pepper
1 green pepper
1 courgette
1 onion
1 teaspoon of tomato puree
6 soft fresh tomatoes
salt and pepper

Method

1. To marinade: Place pork in large glass bowl with orange juice, ½ the corn oil and pepper corns. Leave to marinade for 4 hours in the fridge.
2. Roughly chop the chillies, peppers, courgette, onion and the fresh tomatoes. Place in pot with oil and fry for 5 minutes over a hot heat.
3. Drain pork saving the marinade. Add pork to the pot with the vegetables and fry for 10 minutes.
4. Add the marinade and bring to the boil, cover with lid and place on a hot oven for 45 minutes.

Serves 3

(See following page for picture)

