

View from the Fridge – Recipes from Brian Donkin

Recipe # 9 – Roast shank of pork with roast gravy and apple sauce accompanied by roast potatoes and French beans

Preparation time: 10 minutes

Cooking time: 2 hours

Ingredients

2lb beef bones, chopped small (ask butcher to do this)
salt and pepper
6 cloves of garlic
1 onion
1 carrot
1 small white turnip
2 stalks of celery
3 bay leaves
1 pinch of thyme
8 pints of water

Method

1. Roast bones for 20 minutes in hot oven.
2. Put roasted bones in large pot with all the other ingredients, unchopped.
3. Bring to boil and simmer for 2 hours.
4. Skim froth of top every 30 minutes.
5. After 2 hours, strain through fine sieve into another pot. This should make around 4 pints. When cold, this can be placed in plastic cups with lids and frozen.