

Pork Loin used to be prime cuts when I was at the butchers and probably the most expensive bit of a Pig weight for weight. Now our local Supermarket often have them for around about £2.

Ingredients:-

Pork tender Loin
Mixed Herbs
Oil
Margarine
Salt & Pepper

Method:-

(1) Marinate the Pork in Salt, Pepper, Oil and Cider Vinegar for half an hour
(2) Make a foil parcel and add mixed Herbs and dabs of Margarine and then fold over to seal.
(3) Roast at 140C for about half an hour.

We enjoyed ours in a giant Yorkshire Pudding with mixed red and green cabbage, roasted Carrots, Potatoes and lashings of gravy.