

Chinese Style Pigs' Trotters

Serves about 8.

Ingredients:

- 2-3 tbsp sunflower or ground nut oil
- 6 pig's trotters
- Knuckle of pork
- About 4 or 5 'thumbs' of fresh ginger
- 3 - 4 large cloves of garlic
- 400ml organic apple juice
- 75ml organic soy sauce
- 40ml organic cider vinegar
- 20g unrefined caster sugar
- 2 large, whole, fresh red chillies
- Freshly ground black pepper

To serve: Fine noodles and wilted greens; chard is particularly good with this dish

Method:

Heat the oil over a medium-high heat in a large, heavy-bottomed saucepan. Brown the trotters and knuckle of pork, turning to ensure they are evenly browned all over. Don't overcrowd the pan, as you'll steam the meat instead of browning it – you may need to brown the meat in batches.

2. Break off one 'thumb' of ginger; peel it and slice it thinly. Peel the rest and grate it. Peel the garlic and crush 2-3 of the cloves; finely slice the remaining one.

3. Add the ginger and garlic to the meat and stir everything together. Next, add the apple juice, soy sauce, cider vinegar, sugar and enough water just to cover.

4. Finally, add the whole red chillies and a few grinds of black pepper, bring to the boil and then lower the heat and cook on a low simmer for 1-1.5 hrs. The trotters should be really tender and the sweet-and-sour sauce nicely reduced. Taste and adjust seasoning if necessary. Serve with fine noodles and wilted greens.