

Pork Roulade

Ingredients;

1 pork steak

3-4 potatoes mashed

1 small onion diced

50g bacon lardons or 2 slices of bacon diced

1 tsp mixed herbs

Salt and pepper

Method;

1. Make mash potatoes, season as normal and leave to cool. If you have some leftover even better.
2. Fry off bacon and onions and leave to cool.
3. Mix the onions, bacon, mixed herbs and salt and pepper together.
4. Now prepare the meat. Trim off excess membrane carefully with a sharp knife.
5. Slit the meat lengthways but not the full way through.
6. Place the meat between 2 sheets of clingfilm and bat out gently with a meat hammer or a rolling pin.
7. Spread the potato stuffing on top.
8. Roll tightly like a swiss roll. Cut into 1' inch /2cm slices and secure with a cocktail stick.
9. Pass through flour and pan fry on both sides until golden brown
1. Finish in a hot oven for 10/15ms to insure meat is cooked through.