



We thought we'd continue with the Swedish theme. Clearly we can't get Wapiti (Elk) Meat locally, so we just went with boneless belly Pork and winged it?

Ingredients:-

500g of Belly Pork, cubed with the rind removed

1 Onion, chopped

2 Carrots, chopped

1 Leek, chopped

1 Parsnip, chopped

1 Bay Leaf

1 Sprig of Thyme

10 Peppercorns

Salt to season

Dill Reduction Ingredients:-

50g of Fresh Dill

120ml of Water

3 Tbsp of White Wine Vinegar

3 Peppercorns

40g of Sugar

120ml of Milk (Lactose free for us)

2 Tbsp of Ground Cashew Nuts

2 Tbsp of Cornflour mixed with a little water

Method:-

- (1) Put the Pork in a pan and cover with cold water.
- (2) Bring to the boil covered for a couple of minutes.
- (3) Drain and rinse the Pork and clean out the pan.
- (4) Return the Pork with the Onions, Carrot, Leek, Bay Leaf, Thyme, Peppercorn and season with Salt.
- (5) Add enough water to cover everything and bring to the boil.
- (6) Reduce the heat and simmer for about an hour.
- (7) For the Dill reduction remove the fronds from the stems and set aside.
- (8) Put the stems, Water, Peppercorns, Sugar and Vinegar in a pan and boil for 5 minutes.
- (9) Set aside to cool.
- (10) When the meat is cooked strain and reserve about 450ml of the stock.
- (11) Return the Meat and Vegetables to the pan with the 450ml of stock.
- (12) Whisk the Milk and Cashew Nuts together and add to the pan over a low heat.
- (13) Add the Dill reduction and season to taste.
- (14) Thicken with Cornflour and Water mixture stirring regularly.
- (15) Serve garnished with the Dill fronds.

Although we loved the Dill flavours we found the sauce to be a bit too sweet for us. It was probably because we are , having to use Cashew Nuts + Lactose free Milk to replace Cream in sauces. So the sweetness of the Cashew Nuts, plus the Sugar and the sweetness of the root vegetables probably all combined.