



COOKING LESSONS

ITALIAN RECIPES

PORK WITH PLUM SYRUP

Ingredients

- 1kg pork
- 300g plum syrup
- olive oil
- 2 cloves garlic
- salt and pepper
- sage and fennel

Method

Put in a pot oil, garlic, sage and fennel.

Brown it, add the meat and brown again all over.

Ad the plums in their syrup.

Cover the pot and cook for 1 hour or more.

Add salt and pepper.

When it's cold , cut the meat into slices and cover it with the sauce.