



## *Pork loin with fennel and maple syrup*

### *Ingredients*

A piece of pork loin  
2 tablespoons of fennel seeds  
2 tablespoons of maple syrup  
2 tablespoons of flour  
275 ml/10floz cider  
275 ml/10floz vegetable stock  
Sea salt

### *Instructions*

Pre-heat the oven to the highest setting. Make sure the pork skin is scored well, and pour boiling water over. Place a quartered onion in a roasting tray and place the pork on top. Sprinkle the skin with sea salt. Place in the oven and roast for 25 minutes.

Reduce the temperature to gas 5/190c/375f, continue roasting for 30 minutes per pound. 15 minutes before the cooking time is complete, mix together the 2 tablespoons of fennel seeds and 2 tablespoons of maple syrup and pour over the meat.

Test the pork at the thickest part of the joint by inserting a skewer, the juices should run clear. Once cooked remove from the oven, place the pork on a warm plate and leave to rest for at least 30 minutes.

To make the gravy, skim off any excess fat from the meat juices, add 2 tablespoons of flour and mix to a paste. Place over a medium heat and gradually add 275ml/10floz cider and 275ml/10floz vegetable stock. Bring to the boil and season to taste. Pour into a serving dish and serve.