

Roast Pork

500 g (1 lb) pork loin
1 tsp caraway seed
Salt and freshly ground black pepper
2 tbsp oil

Lightly salt the rinsed meat, sprinkle with caraway seed, heat oil in frying pan and brown on all sides. Transfer to the Remoska. Add a small amount of water to the pan and roast until tender, approx 40 minutes, occasionally basting with roasting juices. Serve with bread or potato dumplings, braised white cabbage or spinach.

Variation – Spread the surface of the pork loin with a mixture of one teaspoon of dry mustard mixed with two tablespoons of honey and roast as above.