

Jamaican Sweet Pork

Ingredients

1 Pork steak approximately 500g.

2 - 3 tablespoons of OHCO. Jamaican Spice Rub.

3 tablespoons of Honey.

10 ml of Dark Jamaican Rum

100ml of double cream.

Directions

Rub OHCo. Jamaican Spice rub on the pork, covering completely.

On a very hot pan braise seasoned pork until golden brown all over.

Remove. Cover & place in pre-heated oven, 180 °C for approximately 45 minutes.

When cooked pour honey and the dark Jamaican rum over the pork.

To create a sauce add cream to the juices and reduce over heat for 2 minutes.

Serve with roasted potatoes & vegetables seasoned with OHCo. Atlantic Herb Sea salt.

Alternatively BBQ the pork!