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## PORK AND MANGO

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The mango should be ripe, but not so much so that it is too tender to cook. Otherwise it will fall off the skewer. If mango doesn't tempt try plums. They do very well with pork. I have used shoulder here, but any cut will work – although the fatty cuts will produce a lot of smoke if cooked on the grill.

Serves 2-4

**pork shoulder** 200g

**groundnut oil** 1 tbsp

**grain mustard** 2 tbsp

**mango** 1, ripe

Cut the pork into large cubes, about 3cm in diameter. Put them in a dish with the oil and the mustard, add a grinding of both black pepper and salt and mix thoroughly so that each piece of meat is covered with a light coating of mustard.

Peel the mango. Remove the flesh from the stone in the largest possible pieces, then cut each into big cubes, roughly the same size as the meat. Thread the pieces of meat and mango on to wooden or metal skewers, pushing the pieces close together.

Brush a thin film of oil over a heavy, nonstick or cast-iron frying pan and place over a moderate heat. When the oil is hot, place the skewers down in the pan and let the meat colour appetisingly, then turn and cook the other side. Check that the meat is cooked right through then serve. You may find a palette knife useful to slide under the meat and mango where it sticks slightly to the pan.