

# Kelly's Island Pork

## Ingredients

2 lbs boneless pork fillet

## Marinade

2 cups fresh pineapple

3 tbsp fresh ginger root, grated

2 tbsp soy sauce

1 tbsp Bajan pepper sauce or equivalent

Juice of 1 lime

½ tsp Salt

1 tsp dried thyme

2 cloves garlic, chopped

¼ cup Bajan brown rum or equivalent

Mix together the marinade ingredients; add pork and leave to marinate for 6-8 hours or overnight if desired.

Preheat oven to 350 degrees, gas mark 4/5.

Place the pork in a baking dish and spoon some of the marinade over the top. Bake for approx 30-40 minutes. Bake for another 15 minutes, basting with the remaining marinade. Cooking times may vary, do not overcook.

Remove from oven and set aside for approx 10 minutes. Slice and serve with juices from the baking dish.

Serve with roast potatoes, rice or your favourite accompaniment.