



We've quite a bit of seasonal fruit at the moment. Pork and Apple is a traditional partnership. Add the juice of a Clementine and you've something very tasty for very little cost.

Ingredients:-

Tomato Puree
Tomato Ketchup
Juice of a Clementine
1 Apple
Chilli flakes
1 Onion
1 clove of Garlic, minced
Cider Vinegar
Garlic Salt & Onion Salt
1tsp of Cornflour
Salt & Pepper
Oil

Method:-

- (1) Season the Pork chops with Salt, Pepper, Garlic Salt and Onion Salt.
- (2) Sear on a high heat on both sides in a little oil.
- (3) Chop the Onion into chunks and thickly slice the Apple. Lay them on the bottom of an oven proof dish.
- (4) Add the remaining ingredients to a saucepan and and simmer to reduce.
- (5) Lay the seared Pork over the Onion and Apple and pour the sauce over the top.

(6) Cover with foil and cook in the oven at 180C for 15 minutes.

(7) Mix the Cornflour in a little water and drain the sauce back into the saucepan then add the Cornflour.

(8) Place the chops under the grill on a low heat to keep warm.

(9) Bring the sauce back to a simmer and stir until it has thickened.

We served ours on a bed of Rice with deep fried Cabbage sprinkled over the top. A few season Potato wedges made this a tasty and satisfying meal.