

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

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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 over 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 until 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 meat.