

GF Friendly

Pork With Apple

Pork braised in stock with apple slices

Pork fillet can be expensive, but the meat in the photo was cut from the end of a pork rolled roast joint bought on special, so it was quite a bit cheaper than beef. The remainder of the joint was cut into steaks and some was diced; then these were bagged up and frozen for later use.

- 300g pork fillet
- 1 apple
- 1 chicken stock cube + hot water
- OR 1 tsp chicken stock powder
- ½ cup white wine (optional)
- ¼ tsp ginger powder (optional)
- ¼ tsp ground coriander (optional)
- a sprig of fresh rosemary if you have it



Trim any fat from the pork. In a suitable baking dish or a casserole with a lid, crumble in the stock cube and include spices of your choice. Now pour in the white wine if using and add enough hot water to make the stock. Place the pork across the centre and turn over to coat with stock. You may need to add more water to bring the level up to about half the thickness of the meat.

Peel, core and cut the apple lengthways into eight segments and arrange these around the pork. Place the rosemary if using on top of the fillet.

Cover the casserole with a lid, then place in an oven pre-heated to 160°C fan-forced (175°C conventional) and braise for 45 minutes. The pork is cooked through if no blood runs when pricked with a fork.

Serves 2 with vegetables, and gravy if you like (see tip)

Tip: Mix 1 Tbsp chicken gravy powder with a little cold water in a pan, then spoon in sufficient of the braising stock to make a sauce. Stir constantly while heating until thickened.

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