



GF Friendly

Spicy Peri-Peri Pork

diced pork and apple in a spicy sauce

I like cooking this kind of dish because it can be done in stages, which is why I've broken the method up into three parts. As long as the pan is removed from the heat, pausing to take a break or go and do something else isn't a problem and won't affect the flavour. Even at the end when the apple and stock are added, the heat can be turned off and the pan covered until such a time as it needs re-heating to serve. Just don't leave it too long or the apple will go soft.

500g diced pork
½ onion, chopped
1 apple - peeled cored and chopped (1.5cm pieces)
1Tbsp honey
1 tsp minced garlic
¼ tsp Peri-Peri seasoning
¼ tsp cardamom
1 tsp chicken stock powder
1 dessert spoon chicken gravy powder
1 Tbsp extra virgin olive oil
2 Tbsps cream sherry
½ cup water



Warm olive oil in a deep frypan or wok and stir fry the spices and garlic over a moderate heat for 2 minutes. Add the onion and continue stirring for about 3 minutes until the pieces start turning transparent. Now put in the pork. Turn frequently for 5 minutes, separating the cubes to ensure they are seared all over.

Sprinkle on the stock powder, pour in the sherry and water, add the honey and tumble this mix until the liquid starts to boil. Put in the apple pieces and cook for a further 5 minutes, stirring occasionally.

Turn the heat down to simmer, sprinkle over the gravy powder and stir until the mixture thickens. If there seems too much liquid, leave on a low heat to reduce.

Serves 4 with vegetables mixed in white rice.

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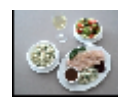
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