

Pork in Cider with apples and shallots

Serves 6

Ingredients

2 tbs olive oil
1.25kg lean pork shoulder, cut into large cubes
(Don't forget to order your meat at the Shop!)
200g lardons or diced bacon
1 onion, chopped
2 garlic cloves, finely sliced and 2 bay leaves
3 celery sticks, chopped
300ml dry cider
300ml chicken stock
12 shallots, peeled
2 tbs cornflour slaked with 2 tbs cold water
3 Cox apples, peeled, cored, quartered and gently fried in 25g butter until soft and golden
(approx. 5 mins)
3 tsp chopped fresh sage
Salt and pepper

Method

Preheat oven to 160°C/Gas mark 3. Use a large flameproof casserole pan which has a lid. Heat oil in pan and gently fry pork (in several batches) for approx. 3-4 mins. Pork should be seared and slightly caramelised. Remove with a slotted spoon to a plate. Add lardons/bacon to pan and fry until crisp. Remove lardons/bacon to a plate, leaving fat in pan.

Add onions, shallots and celery to pan and fry gently for approx. 5-10 mins. Add garlic and bay leaves for last minute.

Add cider, bring to boil for a few mins to gently drive off alcohol. Return pork and lardons/bacon to pan, with chicken stock, bring to a gentle simmer, place lid on casserole and put in oven for approx. 2 hours or until pork is tender. To finish place pan on stove top and add slaked cornflour to casserole. Bring to boil to slightly thicken sauce. Finish by adding fried apples and sage to casserole. Adjust seasoning with salt and pepper.

Serve with brown rice and a dollop of crème fraiche or soured cream.

**All ingredients available from the Dunsfold Shop whilst stocks last!*