

PORK CHOPS WITH RED ONION AND APPLE



English apples are still widely available and they match very well with pork for a tasty meal.

All the ingredients in this recipe can be obtained from Leavett's the butcher and Paul's veg van in the Square.

Ingredients

- 4 thick pork chops, with or without bone
- 1 large red onion, peeled and cut into wedges
- a couple of eating apples, each cut into large wedges
- 3-4 fresh sage leaves
- 250ml dry cider
- 1 tbsp honey
- salt and freshly ground black pepper
- olive oil



Method

1. Preheat the oven to 200C/400F/Gas 6.
2. Season the chops well with salt and freshly ground black pepper. In a large shallow ovenproof pan, heat the olive oil and fry the rind of each chop until fairly crisp. Then lightly fry each side for a minute or so to get the outside golden brown, and remove from the pan. Add the onion to the same pan with the pork juices, and brown a little before adding in the apple wedges and sage leaves.
3. Add the chops back to the pan, with the apples and onions. Pour over the cider and the honey, season to taste and place in the oven for about half an hour, or until the pork and apple are cooked.