

OUR RECIPE



Hampshire
County Council

Education Catering

Creamy Pork, Apple and Cider Stew

INGREDIENTS

2 tbsp olive oil
30g plain flour
1kg diced pork shoulder
200g lardons or diced smokey bacon
2 large onions, finely chopped
2 cloves of garlic, crushed or finely chopped
2 parsnips/carrots cubed into roughly 1cm pieces
200g ready cooked chestnuts
200g chestnut mushrooms, chopped
3 apples, peeled, cored and sliced
250ml chicken stock
250ml of dry cider
2 tsp dried sage
50 ml double cream
salt and pepper to season
Corn flour to thicken, if required



TOP TIPS

Use Braeburn or Cox apples for the best results. Mr. Whitehead's Heart of Hampshire dry cider works well for this recipe.

If using a slow cooker, cook on LOW for 7-8 hours stirring the cream and cornflour at the end and cooking with the lid off until it thickens.

METHOD

1. Heat the oil in a casserole pan. Dust the pork in the flour and brown in batches over a medium-high heat. Set aside
2. Add the lardons or smokey bacon and cook until they are brown. Add a splash of cider and scrape the browned bits out of the pan.
3. Lower the heat, add the chopped onion, garlic and cook for 5 mins, stirring occasionally.
4. Put in the parsnips, apples, mushrooms, sage, remaining cider and stock. Bring to a simmer.
5. Return the pork to the pan and stir to combine. Cover with a lid and cook in a 180°C/Gas 6 oven for 2 hours until pork is tender.
6. Take out of the oven and bring to a low simmer on the stove. Stir in the cream and corn flour if required, heating it through for 3-4 minutes. Taste and season with salt and pepper as needed.

Serving suggestion - add steamed seasonal green vegetables and mustard mash with this stew.



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