

## OUR RECIPE



## MEATY RECIPE

# 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.