

## Pork & Cider Stroganoff Instructions and Recipe

(Serves 4-6)

This dish is definitely a winner.

2 pork steaks (or one large one) (approx 800-900g)

2oz/50g butter

2oz/50g plain flour

1 large onion-diced roughly

8 mushrooms-sliced

1 rounded dessertspoon of wholegrain mustard

1 large cooking apple-diced

½ teaspoon of paprika/cayenne pepper

330ml (long neck bottle) cider

150ml pouring cream

200ml chicken stock/water

To serve:

Basmati Rice

Begin by preparing all of your ingredients because once this starts to cook you will not have time to be chopping and preparing anything. You do need to be available to stand over this dish at least for the first few minutes.

Melt the butter and add to the butter just a tiny amount of oil to stop the butter from burning. Dice the two pork steaks into small pieces and add them to the pot and quickly seal the pork all over. Don't worry about any little pieces of pork that may stick to the base of the saucepan because they will come away later on when you are making your sauce. After the pork is sealed all over season the meat with a little salt and pepper and add the mushrooms and onions and cook them gently.

At this stage sprinkle in the flour mixed with the paprika/cayenne and use this to coat all of the pork and vegetable mixture. If you wish you can take it off the heat to stir in the flour.

Return the saucepan to the heat and then pour in the cider, pouring cream and chicken stock.

Immediately mix in the wholegrain mustard at this time also (of course you could add more mustard if you wish).

Allow this sauce to come to the boil at this stage, and then add in the chopped cooking apple and reduce the heat to a gentle simmer for a further 30-35 minutes.

Serve the pork and cider stroganoff with some softly boiled basmati rice.

Additional notes:

Chopped parsley can be added to the stroganoff just prior to service.

This can be transferred to a casserole dish and topped with short crust pastry and baked in the oven for 20 minutes.

Additional stock or even unsweetened apple juice can be used instead of cider.

Chargrilled Lamb Chops with Garlic and Herb Butter

This is a such a delicious way of serving the lamb and the salsa is the