

FOOD FOCUS



Winter flavours

APRICOTS

The apricot is small and has a smooth, oval pit that falls out easily when the fruit is halved.

Apricots can be enjoyed as a dried fruit all year around, while fresh apricots are seasonal fruit. Powerful antioxidant such as Lycopene found in apricots, helps to promote Wellness and strong immune system.

They can be a fruity addition to stuffing and can be used to make wine or brandy. Apricots are also tasty when made into syrup.

Fresh apricots are an excellent source of vitamin A, C, E, dietary fiber, iron and potassium.

FOR A GREAT TASTING,
EASY TO COOK RECIPE,
PLEASE SEE THE INSIDE



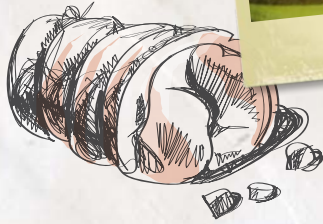
Delicious and fruity apricots



SLOW BRAISED PORK WITH APRICOTS AND APPLES - TWO DAY RECIPE

Created by Ben Wallace
from National Railway
Museum, York

Serves 6



Ben Wallace

INGREDIENTS

- 1kg Boneless shoulder of pork diced into large 10cm pieces
- Sunflower oil
- 3 carrots, 10cm pieces
- 2 large onions, each cut into 7 wedges
- 4 sticks of celery, trimmed, washed and cut into 10cm pieces
- 1 leek, trimmed, washed and cut into 10cm pieces

FOR THE PORK MARINADE

- 200ml red wine vinegar
- 375ml red wine
- Good quality brown meat stock
- 200ml olive oil
- Black pepper corns
- A few sprigs of thyme
- Two cloves of garlic
- Pinch of Fennel seeds
- Pinch of Cumin seeds
- Salt



- One bay leaf
- 100ml White Wine
- 200ml orange juice
- 12 apricots
- 2 teaspoons of castor sugar

FINISHING TOUCHES

- 3 eating apples
- 25 grams butter
- 2 teaspoons of castor sugar



FRUIT AND VEGETABLES

apples, apricots, carrots, celery, leek, onions

MEAT

boneless shoulder of pork, brown meat stock

CONDIMENTS

bay leaf, black pepper corns, butter, castor sugar, cumin seeds, fennel seeds, garlic, olive oil, orange juice, red wine, red wine vinegar, salt, sunflower oil, thyme, white wine



METHOD

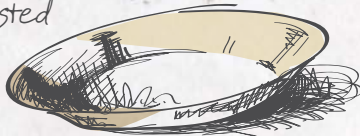
DAY BEFORE

1. Heat a thin layer of sunflower oil in a frying pan along with any extra fat trimmings.
2. Season the pork with salt and pepper. Brown the pork on all sides and drain into a colander.
3. Place the browned pork and the raw prepared vegetables in a large bowl along with all the marinade ingredients.
4. Mix thoroughly with clean hands, cover and allow marinade in your refrigerator over night.
5. In a small saucepan pan add the orange juice, white wine, sugar and the apricots. Bring to the boil for 2 minutes and rest the apricots in the mixture over night.

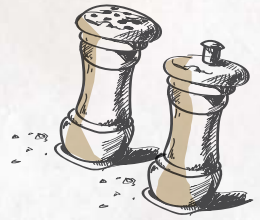


ON THE DAY

1. Remove pork from the marinade and place in a casserole dish; pour the rest of the mixture through a colander catching the liquid in a jug. Put the uncooked, marinated vegetables into the casserole dish.
2. Pour the marinade liquid into a pan and bring to the boil over medium heat. Simmer until the liquid has reduced by half. Add this liquid to the casserole dish.
3. Cover the dish with tinfoil and place in a heated oven for 3 hours at 160°C for fan assisted ovens and 180°C for conventional ovens.

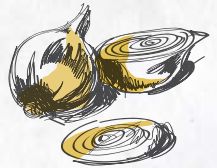


4. One hour before serving: Peel, quarter and core the apples. In a heavy bottom frying pan, heat a thin layer of oil and add 25g butter, when melted add the apples and 2 teaspoons of castor sugar. Cook the apples until caramelised and golden, remove from heat and add the apricot mixture to the pan, heat through.



JUST BEFORE SERVING

1. Carefully remove the casserole from the oven and remove the foil. Skim the layer of fat off and remove the pieces of braised pork. Allow rest for 10 minutes on a plate while you finish off the sauce.
2. Pass the vegetables and stewing liquid through a sieve into jug. Discard what's in the sieve ensure that you press all the juices out of the vegetables. Put your casserole dish on the stove top over low to medium heat and simmer to reduce down the stewing liquid. When the liquid has reduced by a quarter, add the apple and apricots to it and bring back to the boil.
3. To serve, return the meat to casserole pan with the reduced liquid and fruit. Tastes great with mashed potatoes!





LOOK OUT

for next season's
recipe card

