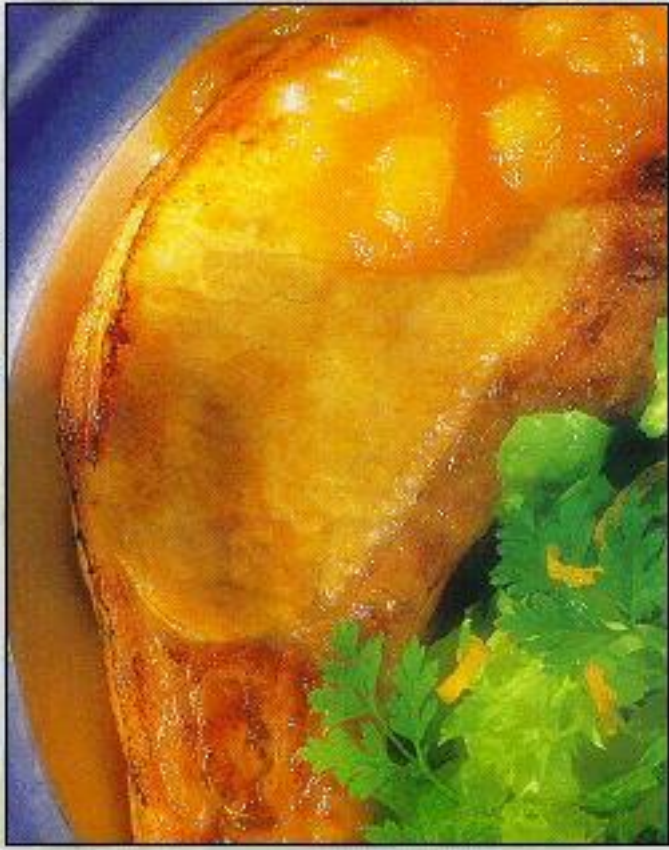


Pork Chop with Apple, Orange & Ginger Sauce



Ingredients

- 4 lean British pork chops
- Grated rind of 1 orange
- Juice of 2 oranges
- 4 x 15ml sp (4 tbsp) prepared apple purée
- 1 x 15ml sp (1tbsp) clear honey
- 1.25cm (½") root ginger, peeled and grated
- 3 x 15ml sp (3tbsp) ginger wine (optional)

Method

1. Place all the ingredients (except for the chops) in a saucepan.
2. Bring to the boil and simmer uncovered, until the sauce thickens slightly.
3. Grill the chops.
4. Serve poured over grilled chops or steaks

Serves 4

Cooking time: Approximately 5 minutes

Copyright © T.Harper & Son Limited (1996 - 2007). All rights reserved.