



quality pork cuts  
from Cookstown



lovingly  
prepared by  
our chefs



for recipes you  
can enjoy and  
try at home!



# pan-fried pork chops

*with smokey bacon, sausage  
and cannellini bean stew*

## lets cook...

1. Pre-heat oven to 350°F / 180°C / Gas Mark 4.
2. Trim any excess fat from the chops and season with salt and pepper. In a non-stick pan, sauté the chops in the vegetable oil until lightly browned, then place in a moderate oven for 15 - 20 minutes until the juices run clear. Remove from the oven and keep warm.
3. To make the stew, cook and slice the pork sausages and gently fry with the bacon which has been cut into thin strips. Add the garlic, chopped onion and tomato purée and fry for a few minutes.
4. Deglaze the pan with the stock and red wine, then add the beans, bayleaf and a few shredded basil leaves. Bring to the boil then simmer until the liquid has reduced by half. Remove from the heat and whisk in the butter until the sauce is rich and glossy.

## time to dish up...

Place two chops on each plate and serve with the smokey bacon, sausage and bean stew on the side. Add a generous spoonful of creamy mash or champ.

*serves 4*

## ingredients

8 Cookstown Boneless Pork Chops  
5ml vegetable oil  
Salt & black pepper

## for the stew

4 Cookstown Thin Pork Sausages  
250g Cookstown Smoked Back Bacon  
1 garlic clove (crushed)  
100g onion (chopped)  
1 tbsp tomato purée  
125ml pork or veg stock  
50ml red wine  
1 tin of cannellini beans (drained)  
1 bay leaf  
basil leaves (shredded)  
10g butter (ice cold)

## serving suggestion

Creamy mash or champ

