



quality pork cuts
from Cookstown



lovingly
prepared by
our chefs



for recipes you
can enjoy and
try at home!



pork casserole

cooked in cider
with vegetables

let's cook...

1. Toss the pork in the flour. Place a frying pan on medium/hot heat with a little vegetable oil and seal the pork until golden brown on all sides. Do this in batches as you do not want to overload the pan or the pork will not go golden in colour. Now, place the pork into an ovenproof casserole dish.
2. Add the cider and the stock to the pan that you sealed the pork in and scrape off any residue that is on the bottom of the pan – pour over the pork.
3. Add the roughly chopped onion, leek and carrots to the casserole dish along with the fresh thyme. Cover the dish and place into a medium low oven and cook for 2 hours.
4. Remove from the oven and serve immediately.

time to dish...

Serve in a deep sided dish with the champ nestled in a crisp lettuce on top.

ingredients

1kg Cookstown pork fillet – diced
500ml cider
Carrots (roughly chopped)
Onions (roughly chopped)
Leek (roughly chopped)
Flour
Fresh thyme
250ml chicken stock
Vegetable oil
Salt & pepper

serving suggestion

Champ
Crispy lettuce

serves 4

