
RECIPE OF THE WEEK

Alex's Spicy Pork Chops

This is one of my favourite supper recipes. It originates from South



Wales and is just the sort of thing you would like to get your teeth into after a long shift down the pit.

2 large pork chops with the kidney

*1 large onion, cut in rings
knob of butter*

*1 sour cooking apple, chopped
1 large clove of garlic*

*2 spicy pork sausages, skinned
4-8 oz mushrooms, sliced
pinch of cayenne pepper
bunch of sage, finely chopped
pinch of thyme
splash of soya sauce
splash of Worcestershire sauce
Trapani sea salt & ground pepper
proper milk*

Sauté the onions and garlic gently in butter with a pinch of salt and cayenne pepper. Trim and season the chops. Coat with sage and a pinch of thyme.

Add to the pan together with the sausage meat, mushrooms and chopped apple. Fry gently with a drop of milk and a spoon of beer if available. Add a dash of soya and Worcester sauce and stir well.

When the chops are nearly done drain off any excess fat and add the mushrooms and a drop more milk if

necessary. Serve with mashed potato and enjoy. Good with a pint of Byatts or Catthorpe Brewery bitter! Serves 2

*To download this recipe go to
www.squisito-deli.co.uk*
