

Recipes



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Roasted Pork with apricots

BROWN OFF A 2 # PORK LOIN OR SHOULDER IN 2 TBLS OLIVE OIL. WHEN BROWNEED ADD 1 1/4 CUP OF APPLE CIDER OR JUICE AND ONE MEDIUM CHOPPED ONION. SEASON WITH 1/2 TSP. SALT COOK FOR 1 HOUR ON MED LOW HEAT. NOW ADD 2 APPLES CORED AND WEDGED USE EITHER GRANNY SMITH OR JONATHON. ADD 6 OZ. OF DRIED APRICOTS AND 1/2 TSP CARDAMON AND 1/4 TSP. OF CINNAMON, BRING TO A BOIL AND THEN REDUCE TO MEDIUM LOW HEAT FOR 20 MINUTES. SLICE THE PORK AND COVER WITH SAUCE. I LIKE TO REDUCE MY SAUCE WHILE I AM SLICING THE PORK.



AS Seen on KMID

COOKING DEMO 5-8-02

