



STUFFED PORK CHOPS & ORANGE RICE Recipe Sheet No 10

Hampshire Farmers Markets Recipe Cards



Recipe supplied by: Trudie Bowtell

Ingredients

4 thick pork chops (Bowtell's Farm Shop)
1/2 tsp dried sage
1 small onion
1/2 oz butter
1 dessert apple, peeled
and cored
salt and pepper
2oz white breadcrumbs
4 tbsp raisins
15fl oz chicken stock
5 fluid oz orange juice
8oz long grain rice
orange slices and parsley to garnish

Method

Heat the oven to 375deg (gas 5) With a sharp pointed knife make a slit through the fat towards the bone to make a large pocket.

Chop finely the sage, onion and apple and mix together.

Heat the butter and fry the mixture for about 5 mins.

Add breadcrumbs and raisins and season with salt and pepper and mix thoroughly.

Divide this stuffing between the pork chops using it to stuff each pocket.

Put chops in a greased ovenproof dish and cook for about 50 mins until cooked through.

Put rice, stock and orange juice into an ovenproof dish, cover and cook below the chops in the oven for about 45 mins until the juice is absorbed.

Serve the stuffed pork chops on top of the rice. Garnish with the orange slices and chopped parsley.