

MeatSMART

in February 2010

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Pork Chops

with rhubarb, apple and
ginger chutney

Serves 4
Takes about 25 minutes

4 Lean, thick pork chops
or steaks

Chutney

1 Onion, peeled
4 Sticks of rhubarb, cut into
large chunks
1 Cooking apple, peeled, cored
and sliced
1 Clove of garlic, squashed
1.25cm (1/2") Root ginger, peeled and
grated
150ml (1/4pt) Apple juice
2x15mlsp (2tbsp) Soft dark brown sugar

Cook the chops under a pre-heated grill for about 8-10 minutes each side for chops of 2-3cm thickness.

Place all the ingredients for the chutney in a small pan, place the lid on the pan and simmer together for about 5 minutes, until the fruit is soft but not mushy.

Serve the chops with a large spoonful of the chutney, mashed potato and seasonal vegetables.



Although rhubarb is used as a fruit, technically it is a vegetable. Rhubarb that is available in the early months of the year comes from 'The Yorkshire Triangle' a small area in West Yorkshire where producers grow the plant in large dark forcing sheds. The long, bright pink stems are harvested by candle light. We associate rhubarb with pies and crumbles but it makes a delicious tart accompaniment to meat and fish.



February

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