



Bowland pork with apple and onion confit (serves four)

Ingredients:

750g Bowland pork fillet

Three red onions, sliced

Two local apples, cored and cut into wedges

Dijon mustard: two tablespoons

500ml cider (eg Bowland Gold)

Heat one tablespoon of olive oil in a pan and fry the pork for 10 mins, till it's brown all over. Cover and cook for a further 15 minutes, turning occasionally.

In another pan, heat two tablespoons of oil, add onions and fry till soft. Add the apples and cook for another 10 minutes.

Carve the pork into slices, divide the lovely appley, buttery, oniony confit between four plates and top with the meat. Add the mustard and cider to deglaze the pan, season and bring to the boil. Pour over the meat and serve with mustardy (Pilling potato?) mash and locally grown kale.

