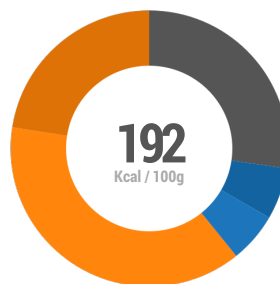


Roast Loin of Pork with Homemade Apple Sauce

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Overview ...



CALORIES:

11.9% Carbs

27.3% Protein

60.8% Fat

Food Labelling...

Serves **10**

CONTAINS:



WHEAT



MILK

Recipe Ingredients ...

	Quantity:	Description:
33889 Font Oliva Olive Oil.. - BRAKES	30g	
350091 Brakes Plain Flour (22 Jul 2023)..	80g	
71128 Salted Butter.. - BRAKES	40g	
115284 - 350098 Tate & Lyle Caster Sugar 2kg.. - BRAKES	20g	
121379 Chef William Table Salt.. - BRAKES	10g	
134293 Sysco Classic Cracked Black Pepper (22 Jul 2023)..	5g	
124170 Cooking Apples.. - BRAKES	500g	
114218 Lemons.. - BRAKES	100g	1x Each
70888 Prime Meats British Pork Loin.. - BRAKES	1.6kg	
100446 - 100446 Brakes Chicken Flavour Bouillon Paste (24 May 2023).. - BRAKES	25g	0.03x Each

Products / Pack Sizes ...

1 Serving



 *Product code*

 *Barcode*

 241g / 465kcal

1

Cooking Instructions & Notes

Preparation:

Cut pork loin into required size

Make up the bouillon with 1ltr boiling water

Peel, core & dice the cooking apples - put in acidulated water until required

Juice the lemon

Method:

1. Untie the pork loin, score and re-tie the joint (weigh to double check cooking times).
2. Pre-heat the oven to 220°C. rub the pork all over with salt & pepper and place on a roasting tray.
3. Cook for 30 mins at 220°C, then reduce to 180°C for the remaining cooking time until core temp has been achieved.
4. Prepare the apple sauce by cooking down the apples, lemon juice & a little water until soft.
5. Remove from the heat and beat in the butter & sugar. Keep warm until service.
6. Transfer the pork to a clean warm dish, cover with foil and allow to rest.
7. Spoon most of the fat out of the roasting tray, leaving the meat juices.
8. Place the roasting tray on the hob and stir in the flour, add the stock and cook out the gravy.
9. Check consistency and seasoning, then strain and serve with the pork, apple sauce and potatoes & veg of your choice.