

TIME: 2 Hours**SERVING:** 6 people**INGREDIENTS:**

1.2kg pork loin joint
700g red cabbage
3 crisp dessert apples
1 onion
20g butter
250ml vegetable stock
made with two capsules
20g sugar
2 cloves
2-inch cinnamon stick
Sea salt
Freshly-ground black pepper
1 tablespoon honey



Remove the outer leaves of the cabbage, cut into quarters, cut away the core and chop the remainder. Finely chop the onion, peel the apples, cut each into six segments and remove the core and pips. Melt the butter in a large casserole and brown the pork on all sides for 10 minutes. Remove and reserve. Add the onion and sugar and sweat for five minutes until lightly caramelised. Replace the meat and add the cabbage, cloves, cinnamon stick, stock and honey. Season well, cover and cook gently for 45 minutes. Add the apple segments, re-cover and cook for a further 45 minutes.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: