

TIME: 2.5 hrs**SERVING:** 4 people**INGREDIENTS:**

4 generously-cut pork chops
1 large garlic bulb
1 large onion
1 litre of full-cream milk
2 bay leaves
50ml olive oil
Sea salt
Freshly-ground black pepper



Separate the garlic cloves but don't peel them. Peel and finely chop the onion. Season the chops generously on each side then in a large shallow pan brown them in the olive oil for a couple of minutes each side over a high heat. Reduce the heat, add the onion and cook gently for five minutes. Add the milk, 250ml water, the garlic and bay leaves, bring to the boil then reduce to a simmer, cover and cook over a low heat for an hour and a half, stirring occasionally. At the end of cooking remove the chops, bay leaves and garlic and whizz the cooking liquid with a stick blender. Replace the pork and the garlic in the sauce and serve with steamed cabbage.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: