

## INGREDIENTS:

2 pork tenderloins, trimmed

2 tablespoons flour

1 tablespoon herbes de Provence

2 tablespoons olive oil, two medium onions

halved and thinly sliced

2 tablespoons brandy or cider brandy

400ml vintage or farmhouse cider, 250ml vegetable stock made with two capsules

2 bay leaves, two large Bramleys, peeled, cored and thickly sliced

300g no-soak prunes

Sea salt, freshly ground black pepper

**TIME:** 1 Hour

**SERVING:** 4 - 6 people



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Mix together the flour, herbs and plenty of salt and pepper, roll the fillets in it then brown lightly in the olive oil. Throw in the brandy and flame. Transfer the meat to a casserole. Deglaze the pan with the cider and add to the meat with the onions, bay leaves and stock. Cover and simmer gently for an hour then remove the bay leaves, add the apples and prunes, partly cover and cook for another 30 minutes until the apples have all but collapsed. Check seasoning and serve.

*Enjoy! Malcolm & Julie Pyne*

## YOUR NOTES: