

INGREDIENTS:

1 Kilo of cubed, lean pork

3 carrots

2 tablespoons each olive oil,
flour and Dijon mustard

250ml each white wine and
water

2 onions

30g butter

200ml full-fat crème fraiche

Sea salt, freshly-ground black
pepper.

TIME: 1 Hour**SERVING:** 4 people

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Heat the oil in a large frying pan and brown the pork all over. Meanwhile peel and thinly slice the carrots and peel and chop the onions. Lightly brown both in the butter in a casserole, then add the pork, wine and water. Bring up to a bubble then cover and simmer gently for 25 minutes. Remove the pork and reserve and stir in the mustard and crème fraiche. Cook, stirring, for a few minutes to allow the sauce to thicken then replace the pork, season well and cook for a further five minutes. Delicious served with fried apple rings.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: