

Saucy Apricot Chops

(Serves 4)

Ingredients

- 4 pork chops
- 1 15oz can apricot halves
- salt and pepper
- 2 level teaspoons arrowroot
- 2 cloves garlic (optional)
- 1 level tablespoon tomato purée
- 1½ oz butter
- 2 onions
- 1 level tablespoon soy sauce

Method

1. Season the chops and fry in butter until well browned.
2. Peel and slice onions and garlic.
3. Fry. Drain the apricots and arrange the onions and apricots over the chops in a casserole dish.
4. Place the arrowroot in a saucepan, gradually blend in 1/2pt apricot syrup, tomato purée and soy sauce.
5. Season well. Bring to boil, stirring, then pour over chops and cook, covered for 1 hr at 350F.
6. Serve with rice and green salad (especially water cress).

Alison Heard

Tip from the Kitchen

Home made mustard will keep fresh longer if a pinch of salt is added when mixing