



Port Appin pork chops with dijon sauce

Nice and easy and full of flavour

The dijon sauce perfectly complements the pork. Try with new potatoes and green beans or broccilli.



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| 1 tablespoon butter | 1 tablespoon olive oil |
| 4 loin pork chops, bone in (preferred) | |
| Salt | Ground black pepper |
| 1 small chopped onion or shallots | |
| 1/2 cup dry white wine | 3/4 cup chicken stock |
| 1/2 cup clotted cream | 1 tablespoon Dijon mustard |
| Chopped parsley | |

Method

Melt the butter in the oil in a large deep skillet over medium heat. Season chops with salt and pepper and brown them, about 2-3 minutes on each side. Reduce heat slightly if the chops brown too quickly. Remove chops from the pan and pour off most of the fat. Add the chopped onion or shallots and cook on high heat until softened, about 1 minute. Add wine and bring to a boil, scraping the brown bits from the bottom of the pan. Stir in the stock and return chops to the pan. Bring sauce to a simmer and cook until chops are tender, about 15 to 20 minutes. Remove the chops to a warm platter; cover with foil to keep warm. Raise the temperature of the pan to boil the pan juices, reduce the juices by half, about 2 minutes. Add cream and boil 2 minutes more, until sauce reduces and thickens. Remove from the heat and whisk in mustard and parsley. If you want, add more mustard to taste. Spoon sauce over chops and serve. Serves 4.

Lismore leek soup



Warming and easy to make soup

- 2 medium-sized onions
- 4 leeks
- 2 tablespoons butter
- 2 tablespoons flour
- 5 cups chicken broth
- 20 ounces canned tomatoes
- 1/4 teaspoon oregano
- 1 tablespoon chives
- 2 bay leaves
- Chopped parsley
- Salt and pepper

Method

Chop the onions and leeks. Finely chop the chives. Melt the butter in a pan and brown onion slices into melted butter for 7 minutes, stirring to stop them from sticking. Gradually stir in flour. Slowly pour in chicken broth, stirring continuously. Mix in the tinned tomatoes and the leek, oregano, chives, bay leaves and salt and pepper. Bring to a boil, stirring continuously. Lower heat, cover and simmer for 20 minutes.

Serve in hot plates and garnish with chopped parsley

If you have a recipe that you want to share, sent to *Lorn Larder*, Lorn Life, PO Box 1, Oban PA34 4HB or email to: lornlife@obantimes.co.uk