



CULINARY LEARN AND SHARE

Roast Pork with Apples

Ingredients

- 2 tablespoons oil
- 1 4-5-pound pork roast (1.8-2.3 kg)
- Kosher salt and pepper
- 1 medium onion thickly sliced
- 3 carrots, thickly sliced
- 3 cloves garlic, smashed
- 1 teaspoon of each dried of a few fresh springs
- Rosemary and thyme for seasoning
- 4 tablespoons cold water
- 3 apples, such as Cortland or Rome, cored and cut into 8 pieces
- 2 cups of apple cider (473 ml)
- 2 tablespoons cornstarch
- 2 tablespoons water

Directions

Step 1

In a large skillet, heat oil over high heat.

Step 2

Season the pork loin all over with salt and pepper (or your favorite seasonings). Sear the meat until golden on all sides, about 2-3 minutes per side.

Step 3

Transfer meat to a slow cooker. Add the onion, carrots, garlic, and herbs (rosemary and thyme) and 2 tablespoons of the butter to the skillet.

Step 4

Stir until the vegetables are browned- about 8 minutes. Stir in the apples, add the mixture to the slow cooker with the meat, add 2 cups of apple cider.

Step 5

Cook on high 4-5 hours or low for 7-9 hours.

Step 6

Remove meat to plate and let stand 10 minutes before carving. Juices may be thickened for gravy if desired.

Step 7

Dissolve 2 tablespoons cornstarch in the 2 tablespoons of water. Stir slowly into juices until thickened

Recipe Submitted by: **Kathy Ruffe**



To learn more and locate food pantries, scan the QR code.



middlesexcountynj.gov/replenish



732.729.0880



replenish@co.middlesex.nj.us



CULINARY LEARN AND SHARE



To learn more and locate food pantries, scan the QR code.



middlesexcountynj.gov/replenish



732.729.0880



replenish@co.middlesex.nj.us