

Pork and Apple Ragout

(Recipe from collection "Les succès des cuisines collectives de l'Estrie", Volume 2)

6 Portions	Ingredients	12 Portions	24 Portions
2 tbsp.	flour	¼ cup	½ cup
¼ tsp.	salt and pepper	½ tsp.	1 tsp.
2 lbs.	diced pork (loin or shoulder)	4 lbs.	8 lbs.
1 tbsp.	vegetable oil	2 tbsp.	¼ cup
1	chopped onion(s)	2	4
1½ cup	apple juice	3 cups	6 cups
1½ cup	chicken broth	3 cups	6 cups
2 tsp.	Dijon mustard	1 tbsp.	1½ tbsp.
2 tsp.	vinegar	1 tbsp.	1 tbsp.
1 tsp.	dried thyme	1½ tsp.	2½ tbsp.
4 cloves	garlic, cut in half	5	6
4	sliced carrots	8	16
3	sliced potatoes	6	12

- Mix flour, salt and pepper for coating pork, and put aside.
- Cook onion(s) in oil 2 minutes in a large pot.
- Add pork cubes and brown slightly.
- Add apple juice and chicken broth. Bring to boil, stirring.
- Add mustard, vinegar, thyme, garlic, carrots and potatoes.
- Cover and let simmer 25 to 30 minutes or until vegetables and meat are tender.
- Add green peas and apple slices and let simmer a few more minutes.