

RECIPES BY CHEF ZANELE



Apricot Jam Glazed Pork Rashes – Serves 6

INGREDIENTS:

- 8 PORK RASHES
- 125ML APRICOT JAM
- 100ML LEMON JUICE
- 20ML WHOLEGRAIN MUSTARD
- 10ML BARBECUE SPICE
- 15ML CAYENNE PEPPER
- 4 GARLIC CLOVES, CRUSHED
- HANDFUL FRESH GINGER, MINCED
- SALT AND PEPPER (FOR TASTE)



Instructions:

1. Season the pork chops with barbecue spice and brown them. Set aside.
2. In a sauce pan add apricot jam, lemon juice, whole grain mustard, garlic, ginger, cayenne pepper, salt and pepper.
3. Cook it on a low heat.
4. Now place pork chops in marinate and let it cook until marinate becomes thick.

Cooking Time:

25 Minutes

Let's do dinner
IN THE LIFE ARTOIS

ENJOY RESPONSIBLY. NOT FOR PERSONS UNDER THE AGE OF 18.

