



The COOK'S Choice

Juicy Pork Patties with Spicy Bramley Apple Sauce

 **Preparation time:** 15 minutes

 **Cooking time:** 15 minutes

 **Serves:** 4-6

 **Ingredients**

450g lean pork or turkey mince

2 tbsp fresh sage, chopped

1 tsp dried oregano

1 tsp dried thyme

zest of half a lemon

1 egg, beaten

4 tbsp olive oil

½ tsp allspice or cinnamon

100mls cold water

2 large Bramley apples, peeled, cored and chopped

salt and freshly ground black pepper

Mix the pork or turkey mince with the sage, oregano, thyme, lemon zest and season well, then if necessary add a little of the beaten egg to bind together.

Mould the mixture into eight patties, about 7cm diameter.

Cook the patties in a non-stick frying pan with two tbsp of the olive oil, for 8-10 minutes, turning occasionally. Be careful not to let the outsides overcook before the middles are cooked right the way through.

Place the other 2 tbsp of oil into a saucepan and heat gently.

Add the spice, water and the chopped apples, and cook for 15 minutes until the apples are soft and pulpy and you have a nice thick stew.

Finally, season with a little salt and pepper.

Serve the patties with the spicy apple stew as a dipping sauce.

Copyright Phil Vickery

April 2008

