



Brazilian Pork Chops in an Orange Sauce

INGREDIENTS

- 4 New Zealand pork loin chops
- 1 tsp ea of cumin seeds, grated fresh ginger, dried oregano, minced garlic
- ½ tsp ea of turmeric, paprika, mustard powder, ground coriander
- Salt and pepper, to taste
- 2 Tbsp canola oil
- 1 medium onion, peeled and diced
- ½ cup orange juice
- 1 cup water
- ¼ cup raisins
- 2 oranges
- 2 cups water
- 1 Tbsp palm sugar or brown sugar
- 200ml coconut milk

METHOD

1. Place the chops in a plastic bag or bowl.
2. Mix together all the herbs and spices and sprinkle onto the chops.
3. Heat the oil in a heavy based fry pan and quickly brown the chops on both sides.
4. Place in lidded saucepan or casserole dish.
5. Brown the onions and stir in the orange juice and water.
6. Pour over the chops and add the raisins.
7. Simmer in lidded pot or pre-heated oven (165°C) for one hour.
8. Zest the orange skin and cut orange into quarter's and then 1 cm slices.
9. Place zest and segments above chops and cook a further 15 minutes.

BRAZIL IS ONE OF THE WORLD'S
LARGEST EXPORTERS OF ORANGES

Serves 4

Preparation Time – 10 mins

Cook Time – Stove top /oven 1 Hr 30 minutes
Slow Cooker 7 hours

Hints/Tips

- This dish can also be made in a slow cooker.
Cook on low for 7 hours.

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