

FROM CAN TO PAN – RECIPE EPISODE 12

RECIPE 1 - PORK CHOPS WITH PEARS

Ingredients:

- 1 can pear halves
- Thick bone-in pork chops
- 3 tablespoons butter or margarine
- 1/3 cup packed brown sugar
- 1 teaspoon mustard

Method:

1. Drain pears, reserving the juice; cut pears into slices and set aside. In a large skillet, brown the pork chops in butter. Transfer to a greased baking dish.
2. In a small bowl, combine the brown sugar, mustard and reserved pear juice. Pour over chops; top with pear slices. Bake, uncovered, at 350 degrees F for 40-45 minutes



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RECIPE 2 - APPLESAUCE RECIPE - TO BE POURED OVER VANILLA ICE-CREAM

Ingredients:

- 1 can of pie apples
- 4 strips of lemon peel - use a vegetable peeler to strip 4 lengths
- Juice of one lemon, about 3-4 Tbsp
- ½ a cinnamon stick
- 1/4 cup of dark brown sugar
- Up to 1/4 cup of white sugar
- 1 cup of water
- 1/2 teaspoon of salt

Method:

- 1 Put all ingredients into a large pot. Cover. Bring to boil. Lower heat and simmer for 20-30 minutes.
- 2 Remove from heat. Remove cinnamon stick and lemon peels. Mash with potato masher.

Ready to serve, either hot or refrigerated.



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