



Braised Pork Loin with Red Onion, Cranberries and Apple *(adapted from Idaho a la cArte)*

- 4 - 1 inch slices of pork loin or loin chops
- 1-1/4 teaspoons dried thyme
- Salt and coarse ground black pepper
- 3 tablespoons all-purpose flour
- 2 tablespoons vegetable oil
- 1 tablespoon butter
- 1 large red onion, cut in half and sliced lengthwise
- 1 cup apple juice or cider
- 1 - 12 ounce package frozen cranberries, thawed
- 1 Granny Smith apple, peeled, cored and cut into wedges

Heat a heavy sauté pan or Dutch oven over medium high heat until very hot. Meanwhile sprinkle loin chops with dried thyme, salt and pepper and dredge on all sides with flour. When pan is hot, add vegetable oil and when shimmering add floured pork chops. Sauté on all sides until golden brown - approximately 5 to 8 minutes. Remove from pan and set aside. Add butter to pot, followed by sliced red onion. Cook stirring occasionally until onion is softened. Add apple juice and cranberries. Heat to boiling, then return chops to pan. Reduce heat to slow simmer, add apples and cover pot. Cook, stirring occasionally until chops are very tender - approximately 45 minutes to 1 hour. Remove lid from pot 15 minutes before serving to thicken sauce. Makes 4 servings.