

## Campfire BBQ Pork Cheeks with Apple and Cider

The perfect simple dish to warm from the inside out, these gelatinous cheeks of goodness give a richness to the earthy root vegetables and winter herbs. Use pork shoulder chunks to replace the cheeks if hard to source. Throw in some cavolo nero , pasta or butter beans to make a more substantial dish .. and of course, a good hit of parmigiana .... Or just experiment and come up with your own perfect version

### Ingredients

- 1 kg pork cheeks - trimmed of fat, tossed in a little GF flour
- 3-4 tbs CAMPFIRE BBQ RUB
- 1 onion - chopped
- 3 carrots - peeled and chopped
- 1 leek - washed and chopped
- half bunch of fresh thyme
- 4 bay leaves
- chicken stock and apple cider to cover the meat and vegetables
- 1 kg small waxy potatoes - cut in half if large
- 2 Bramley apples or Granny Smiths - peeled, cored and cut into large pieces
- finely chopped parsley and sage to garnish

### Directions

1. Brown the pork cheeks in a heavy based casserole dish in a little oil and coat in the Campfire BBQ Rub
2. Add the carrots, onion, leeks, herbs, chicken stock and the cider. Season with salt and pepper to taste, and bring to the boil, reduce the heat and simmer for 1 hour.

3. Add the potatoes and continue simmering for another 40 mins on low, stirring occasionally. Toss in the apples and continue cooking for another 15 minutes.
4. Garnish with the parsley and sage.
5. Serve in bowls with buttered crusty bread, reserve any excess broth to make a delicious soup

