

A recipe from Christopher Trotter

Ingredients

4 lean pork steaks

1 large apple (dessert or cooker, it's up to you!)

4 tsp honey

fresh sage or marjoram

salt and pepper

Method

Turn the oven to 180C, gas mark 4

Take 4 sheets of foil, you are going to fold the edges in to make a secure parcel so cut to the size of your steaks. Lightly oil the centre of each piece of foil and dry the pork steaks before placing in the middle of each sheet.

Season lightly with salt and pepper.

Cut the apple in quarters and remove the core then slice each quarter into 5 and place on the steaks. Spread a teaspoon of honey on each and a sprig of marjoram or a few leaves of sage.

A splash of cider at this point adds its own character!

Fold the foil over to enclose the contents and place on a baking tray and bake in the oven for about an hour. The slower the oven the longer the cook but the more melty the pork!