

Korean Style Pork Chops

These tasty, tender, and juicy Korean Style Pork Chops are bursting with a trilogy of spicy, sweet, savory flavors!

INGREDIENTS

- ¼ cup soy sauce low sodium
- 2 tablespoons honey
- 4 cloves garlic minced
- 1 teaspoon ginger minced
- 1 teaspoon sesame oil
- 2 teaspoons gochujang (red chili paste, hoisin Sauce or sriracha)
- 4 pork chops bone or boneless (Ferron Farms)
- 1 tablespoon olive oil
- black pepper to taste

Prep Time

5 mins

Cook Time

15 mins

Marinating Time

20 mins

INSTRUCTIONS

1. Preheat oven to 400°F.
2. In a medium size bowl whisk together the soy sauce, honey, garlic, ginger, sesame oil and gochujang. Pour over pork chops and let marinate for about 20 minutes.
3. Heat the olive oil in a large skillet for medium high heat. Add pork chops, without marinade, and cook for about 2 to 3 minutes for the first side, or until it gets a nice brownish color. Flip the pork chops and pour the remaining marinade over them. Cook another 2 to 3 min on this side.
4. Place the skillet in the oven to finish cooking them. Roast for about 5 to 10 minutes, or until pork chops are completely cooked through.
5. Season with some black pepper and serve.

Beef Stew with Carrots & Potatoes

Classic French beef stew is the ultimate cold weather comfort food. After a few hours in the oven, the meat becomes meltingly tender and enveloped in a rich wine sauce.

Prep Time
15 mins
Cook Time
30 mins

INGREDIENTS

- 1 lbs stewing beef
- 1 cup red wine
- 1 tbsp olive oil
- 3 cups beef stock
- 1 tsp salt
- 2 bay leaves
- 1/2 tsp pepper
- 1 tsp dried rosemary
- 2 tbsp butter
- 1/2 tsp dried thyme
- 1.5 cups onion diced
- 3 large carrots chopped in 1" pieces
- 5 cloves garlic minced
- 2 cups cubed potatoes
- 2 tbsp flour

INSTRUCTIONS

1. Take the beef out of the fridge, and sprinkle the salt and pepper on it. Then prep all of your vegetables and measure out the flour and spices.
2. In a large pot, heat the olive oil over medium heat. Brown the beef on two sides and then set it aside on a plate. Brown the beef in small batches so it doesn't steam.
3. Once all the beef is done, add the onions and butter to the pot. Cook the onions for five minutes. Add the beef back in and add in the garlic and spices. Cook for an additional minute.
4. Pour in the flour and coat all the beef and onions in it, now pour in the red wine and the beef stock. Stir it all together until it slowly thickens. Add in the bay leaves and turn it to a low simmer. Cover the pot with the lid and let it cook for two hours. Stir it every 20-30 minutes to make sure it isn't stuck to the bottom. If needed, add in a bit more beef stock.
5. After two hours, add in the potatoes and carrots. Stir well, and cover and let the stew cook for an additional 45-60 minutes.
6. Once the vegetables are fully cooked, serve and enjoy!

(Note: FFF beef stew is tender, so cook time will be less)

LET US KNOW

Friends

We'd love to hear about your experience with the recipes we recommended! Share your thoughts and any additional suggestions - your feedback matters. Thank you, FFF!



Email:
Ferronffarms@gmail.com

Phone:
506-243-1606

Website:
FerronFarms.ca

@Ferronfamilyfarms
@ferronfarms