

PORK ROAST A LA SALLY

Two pork loins (these are more tender and I usually buy them when they are on sale and put them in the freezer. A pork roast can also be used, but it must cook much longer in order to be tender.)

Mix together in a large bowl:

1-2 cups apple juice (depending on how big the loins are! I often double the recipe or triple if I am having a big crowd.)

1 tablespoon of minced garlic or garlic paste

1 package onion soup mix

2 tablespoons Worcestershire sauce

4 apples sliced thinly

2 onions sliced thinly

1/2 cup red wine, optional

1/2 -3/4 cup dried cherries according to preference (optional)

Sea salt and pepper to taste

1/4 cornstarch or flour (optional)

1/4 cup cold water, optional

Stir the apple juice, garlic, soup mix and Worcestershire sauce together in a crock pot or cast iron roasting pan. Place the pork loins (or roast) in the sauce. Cover the meat with apples and onions and sprinkle the dried cherries over the top. Put lid on and cook 6-8 hours on low. Salt and pepper to taste.

If you would like a gravy, strain the leftover liquid into a small saucepan, skim off any fat, and heat. Stir the cornstarch or flour and cold water together in a cup until all the lumps are dissolved, then whisk mixture into the pan juices. Stir constantly over medium heat until thickened.