



# Theron's Pork Stew



Value for money – Only R10 per serving!

## Pork Stew Pot – Recipe

### Ingredients:

- 2kg Theron's Pork ribs
- Diced carrots
- Diced green beans
- Peeled potato's (halved)
- Any other vegetables preferred
- 2 Cups of water
- ½ Cup of lemon juice
- ½ Cup Worcester sauce
- ½ Cup sweet & sour sauc
- 2 Desert spoon of apricot jam
- Oil, garlic, aromat and BBQ spices to taste

### Method

- Use a no 4 pot
- On a hot fire, braai onion and garlic in the pot until golden brown
- Add the pork stew meat and season to taste with BBQ spices and aromat
- Braai meat until brown (around 20 mins – stirring continuously)
- Add lemon juice, Worchester sauce, sweet&sour sauce, apricot jam & water
- Mix well and let it cook for 45 minutes
- Add all the vegetables and cook for another 45 minutes
- Serve with pap or rice

# SPOTLIGHT!



## Meet our friendly staff !



**Dawie Theron**  
Owner



**Sonja-Liezel Theron**  
Marketing manager



**Kristel Viljoen**  
Sales representative



**Erika Lauscher**  
Factory shop manager



**Angelique Minders**  
Switchboard



**Pieter Lamb**  
Production Manager



**Harrie van Oijen**  
Dispatch manager