



Roast Pork

INGREDIENTS:

- 2 KG LOIN PORK, BONE IN, SKIN ON
- 2 TSP FENNEL SEEDS, TOASTED
- 2 TSP ROSEMARY LEAVES, FINELY CHOPPED
- 1 TBSP SALT FLAKES
- 1 TBSP OLIVE OIL
- 2 BROWN ONIONS, THINLY SLICED
- 200 ML DRY CIDER
- 1 TBSP WHOLEGRAIN MUSTARD
- 50G BUTTER



INSTRUCTIONS:

THE DAY BEFORE YOU WANT TO COOK THE PORK, USE A SHARP KNIFE TO SCORE THE SKIN AT 1 CM INTERVALS, THEN PLACE THE PORK ONTO A TRAY IN THE FRIDGE, UNCOVERED. MOISTURE IN THE SKIN IS THE ENEMY OF GREAT CRACKLING AND THE FRIDGE WILL HELP DRAW THE MOISTURE OUT. BRING THE PORK OUT OF THE FRIDGE ABOUT AN HOUR BEFORE YOU WANT TO COOK IT THAT WAY THE MEAT CAN COME UP TO ROOM TEMPERATURE.

- PREHEAT THE OVEN TO 240°C.
- GRIND THE FENNEL SEEDS IN A MORTAR AND PESTLE ALONG WITH THE ROSEMARY LEAVES AND SALT. MASSAGE THE MIX INTO THE SKIN OF THE PORK, ALONG WITH THE OLIVE OIL. REMOVE THE PORK FROM THE TRAY AND LAY THE SLICED ONION ON THE BOTTOM, THEN PLACE THE PORK BACK ON TOP OF THE ONION.
- ROAST FOR AROUND 30 MINUTES (OR UNTIL THE SKIN HAS TURNED TO CRACKLING), THEN REDUCE THE OVEN HEAT TO 160°C AND CONTINUE ROASTING FOR 1-1½ HOURS OR UNTIL THE INTERNAL TEMPERATURE REACHES BETWEEN 62°C AND 71°C, DEPENDING ON HOW WELL DONE YOU LIKE YOUR PORK.
- REMOVE THE PORK FROM THE OVEN, PLACE IT ON A BOARD AND COVER IT IN FOIL TO REST FOR AT LEAST 30 MINUTES. THE FOIL WILL KEEP IT WARM WHILE ALL THE FIBRES IN THE MEAT RELAX IF GIVEN THE TIME TO REST THE MEAT WILL LOSE LESS JUICE WHEN YOU CUT IT AND WHEN YOU EAT IT THE MEAT WILL BE JUICIER AND TASTIER. THE TIME TAKEN TO REST WILL DEPEND ON ITS SIZE, A 2KG ROAST IS BEST RESTED FOR 30 MINUTES BEFORE CARVING
- WHILE THE PORK IS RESTING, POUR OFF THE EXCESS FAT FROM THE LIQUID IN THE ROASTING PAN, THEN TRANSFER THE REMAINING LIQUID AND ONION INTO A SAUCEPAN.
- ADD THE CIDER AND MUSTARD TO THE PAN, THEN USE A STICK BLENDER TO PUREE THE MIXTURE. HEAT THE SAUCE OVER A MEDIUM AND COOK FOR 20 MINUTES OR UNTIL THICKENED.
- REMOVE FROM THE HEAT AND STIR IN THE BUTTER.

IN TERMS OF THE SIDES AND TRIMMINGS TO GO ACCOMPANY THE PORK

THAT IS ENTIRELY UP TO YOU AS WE ALL HAVE OUR FAVOURITES, PERSONALLY I'M A POTATOES, PUMPKIN AND GREEN PEAS SORT OF A GUY. SOMETHING TO CONSIDER IS ROASTED POTATOES AND OTHER ROOT VEG NORMALLY TAKE AROUND 30-40 MINS TO COOK DEPENDING ON IF YOU PAR BOIL THEM FIRST SO TAKE THAT INTO CONSIDERATION WHEN YOU HAVE THE PORK IN THE OVEN AND TRY AND TIME IT SO THEY ARE READY, HOT AND COMING OUT OF THE OVEN AFTER THE PORK HAS BEEN RESTED AND READY TO CARVE.