

PORK ROASTING CHART

Roast pork with golden, crispy, crunchy crackling is a must. Ask your butcher to score the skin very finely with a Stanley knife. Rub the top surface of the crackling with oil and smear with salt and then roast as below. Loin of pork is our favoured cut and gives wonderful crackling.

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If you find carving the crackling a problem – lift the skin off the joint before roasting by sliding a sharp knife between the fat and the skin, and then roast the crackling alongside the joint in a small roasting tin, lined with foil for easy cleaning. You can then snip the crackling into pieces with scissors and serve with the carved joint. (If you are cooking the crackling separately like this, make sure you season the joint with salt and pepper.)

The timings given below are a guide, depending on the size of your joint. Bear in mind that a thicker joint weighing the same amount as a longer, thinner joint will take a bit more time to roast. Also, ovens vary a lot in efficiency and thermostats are not always accurate. Using a meat thermometer will eliminate the guesswork, but make sure the thermometer is not touching a bone when you test the meat. The internal temperature of the meat will continue to rise by as much as ten degrees when rested, so remove the joint a little before your required temperature.

Start roasting at 220°C/Fan 200°C/Gas 7 and then after 30 minutes reduce the temperature to 180°C/Fan 160°C/Gas 4.

| | TOTAL ROASTING TIME | INTERNAL TEMP |
|-----------|--|---------------|
| | | |
| MEDIUM | 25 minutes per 450g (1 lb) plus 20 minutes | 75°C |
| WELL DONE | 30 minutes per 450g (1 lb) plus 20 minutes | 80°C |

* For pork belly see facing page.
* For pork fillet see page 92.
* For slow-roast shoulder of pork see timings for lamb shoulder on page 72.

BELLY OF PORK WITH APPLE SAUCE



SERVES 6-8

2.2kg belly pork, bones removed and skin scored
salt
400ml (14 fl oz) white wine

APPLE SAUCE
750g (1 lb 10 oz) Bramley apples, peeled and diced (roughly 3 large apples)
juice of ½ lemon
knob of butter
50g (2 oz) granulated sugar

GRAVY
chicken or vegetable stock
knob of butter
2–3 tbsp plain flour
a few drops Worcestershire sauce
salt and freshly ground black pepper

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TO PREPARE AHEAD
The apple sauce can be made up to 2 days ahead. Cook the pork to serve.

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TO COOK IN THE AGA
Roast on the second set of runners in the roasting oven for about 25 minutes, then transfer to the simmering oven for 4 hours.

Perfect to put in the oven before an autumn walk or visit to the pub.

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Preheat the oven to 240°C/Fan 220°C /Gas 7.

Place a piece of baking paper in a roasting tin. Put the belly rib bones on the paper and then sit the belly pork on top. Rub the skin with salt.

Roast for 25 minutes in the preheated oven until the skin is golden and the crackling is crisp.

Reduce the oven temperature to 160°C/Fan 140°C/Gas 3 and continue to roast for 2 hours.

Remove the pork from the oven and pour the wine and 450ml of water into the tin. Continue to roast for another 2 hours until tender.

Meanwhile, to make the apple sauce place the apples, lemon juice and 3 tablespoons of water in a saucepan over a medium heat. Stir gently and then cover with a lid and simmer for 10–15 minutes until soft. Add the butter and beat until smooth. Add the sugar, stir well and then spoon into a bowl.

Remove the pork to a plate. Pour the juices into a jug. Add enough stock to make up to 600ml (1 pint) of liquid.

Melt the butter in a saucepan over a medium heat. Add the flour and whisk for a few seconds. Pour in the stock, whisking until thickened. Add the Worcestershire sauce and season.

Carve the pork and serve with the gravy and apple sauce.