



Boned Rolled Shoulder of Free Range Pork

Prep time 10mins. Cooking time approx 3–5 hrs.

This recipe is fantastic, very easy and should reward you with perfect crackling (which is of huge importance when cooking roast pork!) A boned rolled shoulder presents well and is really easy to carve and therefore serve.

Ingredients

Free range boned rolled shoulder of pork (4–5 kg is a good dinner party size)

Salt

Butter or margarine

Place the pork in a roasting tray & make sure the skin is scored.

Rub in a good layer of butter or margarine all over the skin and then cover with a good sprinkling of salt – preferably coarse sea salt e.g. Maldon.

Preheat your oven to 240 degrees c and cook pork for 30 mins in the hot oven.

Turn the oven down to 190 degrees and continue cooking for remainder of time allowing approx 35 mins per lb or 30 mins per 500g.

After cooking the crackling should be perfect while the meat should be moist and cooked through. The way to check that the meat is cooked is to insert a skewer in the thickest part and the juices that run out should be completely clear without any trace of pinkness.

Leave to stand for 15-25 minutes which gives you time to make the gravy and finish off all the other bits.

Serving suggestion: *We love this in all seasons particularly in summer with new potatoes and a great big salad from the garden and accompanied with chunky homemade apple & cognac (or skip the cognac!) sauce.*

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