



Roast Pork with Crackling



Servings: 4
Total Time: 2 hrs
Cooking Time: 1 hr 10 mins
Resting Time: 20-30 mins (to relax)
Pre-heat Oven to 200 °C



INGREDIENTS

- 1 rolled shoulder or loin of pork (1-1,2kg; between 250-300g per person)
- 1 Tbsp coarsely ground salt
- 125ml light olive oil or coconut oil
- 2 Tbsp Worcester sauce
- 2 Tbsp rosemary & olive seasoning
- 1 onion, peeled & roughly chopped
- 1 tomato, roughly chopped



For the Gravy

- (using juices from the roasting pan)
- 2 Tbsp self-raising flour (12g carbs)
- 250ml water
- a few drops of gravy browning, to colour

SERVING SUGGESTION

Serve with apple sauce, *Perfect Roast Potatoes** and vegetables.

METHOD

Dry the pork & narrowly score the skin neatly & liberally across the meat to about halfway through the fat beneath the skin. Rub the skin with salt & press it into & between the slices of skin well.

Place the oil, Worcester sauce, rosemary & olive seasoning, onion & tomato in a roasting pan, stir & centre in the pan. Place the pork skin side up on top & avoid basting the skin. Place the pork in a 200 °C oven and roast for 30 mins. Turn the heat down to 160 °C and roast for a further 35 mins per kg of meat. Insert a skewer in the thickest part of the meat to ensure that the juices that run out are absolutely clear without any trace of pinkness. Rest on a warming tray for 20-30 mins.

In the meanwhile, pour off most of the pan juices & bits into a saucepan, whisk in the flour & cook for 1 min. While whisking, slowly add water & cook to a boil until thickened. Add gravy browning to colour.

