



## ROAST PORK



Roast it slow and low.

### SERVES

About 6 with some left overs

### INGREDIENTS

2kg pork shoulder on the bone  
Onion and two carrots  
500ml chicken stock  
2tbsp flour  
Salt and pepper

### METHOD

The day before you want to serve it, score the pork skin with a sharp knife in a criss-cross pattern, cutting through to the fat but not the meat. Place the pork in a deep roasting tin, skin side up, and pour a kettle of boiling water over it. Once cool enough to handle, remove it from the tin and pat dry with kitchen paper, paying special attention to the skin. Rub it all over, generously, with salt, pepper.

Put the pork in a deep dish, skin-side up but uncovered, and leave in the fridge overnight. The next day, preheat the oven to 220C/gas mark 7. Pat the pork dry again, and rub a little more salt into the skin, getting it right in the score marks. Give it an hour to come up to room temperature.

Put the pork in a roasting tin skin-side up and roast for 40 minutes, by which time the skin should be starting to puff and look like crackling. Pour the chicken stock into the base of the pan.

Cover the pork with a layer of greaseproof paper and then a layer of foil, sealing it round the sides. Reduce the heat of the oven to 180C/gas mark 4 and bake the pork for another 2½ hours.

Remove the foil and paper and cook for another hour. If the crackling still isn't to your liking, remove it from the meat and pop it back in the oven to crisp up further. While the meat rests make the gravy.

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