

Home Cook HOG ROAST

Cook in the oven...or Cook on the BBQ...

WINNER OF THE [ABN](#) INNOVATION AWARD 2010



Enjoy the delicious taste of slow-cooked pork!

SERVES UP TO 15

Crisp crackling, deliciously tender pork and all the taste and aroma you expect from a hog roast! It's easy to do at home with a **HOME-COOK HOG ROAST** pork shoulder joint.



Great results cooked in the oven OR on the barbecue...here's how:

cook in the oven...

You need... a large roasting tray, olive oil, salt and pepper

Heat the oven to 150°C. Remove the pork from its packaging and place in a suitable roasting tin, along with half a cup of water. Rub the skin with a little oil, salt and pepper. Place uncovered in the preheated oven for a total of 4½ hours, checking every hour and adding a little more water if the meat seems to be drying out.

or on the barbecue...

You need... a lidded gas fired barbecue that can be set for indirect heat cooking (check you have plenty of gas before you start), tin foil, olive oil, salt and pepper.

Preheat the barbecue to medium (200°C if your barbecue has a temperature gauge), set for indirect cooking – consult your barbecue manual for details. Remove the pork from its packaging and place on a double sheet of foil, formed into a shallow tray, along with half a cup of water. Rub the skin with a little oil, salt and pepper. Place uncovered onto the preheated barbecue, close the lid and cook for a total of 4½ hours, checking every hour and adding a little more water if the meat seems to be drying out.

WHICHEVER COOKING METHOD YOU CHOOSE...

Check that the pork is thoroughly cooked by piercing with a skewer and ensuring any juices run clear. Remove from the oven or barbecue and rest the meat for 20 minutes.

Remove the crackling and carve or shred the pork.

WHY NOT TRY...?

You can add extra flavour to the pork by rubbing the meat before cooking with a combination of herbs and spices. Simply mix the ingredients well and rub all over the meat, including the skin.

rosemary and garlic – crush four garlic cloves, add the chopped needles from a good sprig of rosemary, a glug of olive oil and plenty of salt and pepper.

fennel and chilli – crush 2 tablespoons of fennel seeds and 1 dried red chilli (or more if you like it spicy). Add a glug of olive oil and plenty of salt and pepper.

lemon and thyme – bruise the leaves from a good bunch of fresh thyme. Add the zest of a lemon and half its juice, a glug of olive oil and season well

AND TO SERVE...

- Delicious served the traditional way, hot in soft bread rolls with apple sauce or chutney
- Lovely with roasted new potatoes and coleslaw
- Great with a simple salad, or a fresh-tasting alternative of thinly sliced fennel and apple

LEFTOVERS ARE GREAT!

A whole shoulder joint should serve about 15 people, depending how hungry you all are! But don't worry if you have any pork left over – it's great next day too. Allow the pork to cool completely, then cover and refrigerate for up to 3 days until you're ready to use.

- *It's great cold in sandwiches and rolls*
- *Fry it up and stuff it into pitta breads or wraps*
- *Reheat it gently with tomatoes and herbs for a really tasty pasta sauce*

KEEP THE PORK REFRIGERATED UNTIL HALF AN HOUR BEFORE YOU START TO COOK.

For more great recipe ideas and information about the Red Tractor scheme for pork please visit www.lovepork.co.uk

