Home Cook HOG ROAST

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

Enjoy the delicious taste of slow-cooked pork!

SERVES UP TO 15

cook in the oven...

Heat oven to 150°C. Remove pork from packaging and place in a suitable roasting tin, with ½ cup of water. Rub the skin with oil, salt and pepper. Place uncovered in preheated oven for 4½ hours total. Check every hour and add more water if meat is drying out.

or on the barbecue...

Cook the joint on a lidded gas fired barbecue only and make sure you have plenty of gas before you start! Preheat barbecue to medium (200°C on temperature gauge) and set for indirect cooking: consult your barbecue manual for details. Remove pork from packaging and place on double sheet of foil, formed into a shallow tray, along with ½ cup of water. Rub skin with oil, salt and pepper. Place uncovered onto the preheated barbecue for 4½ hours total. Check every hour and add more water if meat is drying out.

WHICHEVER METHOD YOU CHOOSE...

Check meat is thoroughly cooked by piercing with a skewer – ensure any juices run clear. Remove from oven or barbecue and rest for 20 minutes. Remove crackling and carve or shred meat. Delicious served in soft bread rolls with apple sauce or chutney.

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

WINNER OF THE ABN INNOVATION AWARD 2010



