

Roasting Instructions for Loin of Pork with Crackling

If joint is vacuum packed, or has been in the fridge, prepare several hours before cooking

Preparation: Rinse meat under cold water and dry thoroughly with kitchen roll



DO NOT USE OIL

Pre heat the oven to 190°C - gas mark 5.

Rub salt in to the outer scoured skin

Place the pork in a roasting tray with a small amount of water in the bottom



DO NOT COVER

Cook at 190°C for 20 minutes then reduce to 175°C - gas mark 4
And cook for a further 35 minutes per pound of weight.



To check that the meat is cooked thoroughly press a skewer through the top in to the centre of the joint, remove the skewer and check that the juices run clear

Once fully cooked remove from the oven and allow to stand for 20 minutes before carving

"ENJOY"