

## Roasted Pork

Serves 8-10

- 3kg shoulder of pork, de-boned and rolled
- 2 level tablespoons fennel seeds
- 6 large cloves of garlic, peeled and roughly chopped
- 1 tablespoon of Malden sea salt
- 1 teaspoon of black peppercorns
- 1 teaspoon of crushed chillies
- Juice 2 small unwaxed lemons
- 2 tablespoons of olive oil
- 150ml of dry white wine
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Preheat oven to Gas mark 8, 230 C.

Cut deep slits into the pork with a sharp knife.

Grind the fennel seeds, sea salt, peppercorns and chillies together with a pestle and mortar.

Add the garlic cloves and pound into a rough paste

Using your hands, smother the paste all over the pork, working it into the slits.

Place the pork on a wire rack in a roasting tin.

Cook skin side up, for half an hour, then remove from the oven and turn the heat right down to gas mark ½, 120 C.

Turn the joint over and pour the juices of 1 lemon and the olive oil over it.

Return to the oven and cook for at least 7 hours, checking it every couple of hours. Ovens vary, you may find you want to turn the heat up slightly. You should be aware that the meat is cooking as it should be sizzling quietly.

About halfway through, spoon off the excess juices and squeeze more lemon juice over the meat.

Approximately half an hour before the meat is due to be ready, take it out of the oven and turn the heat back up to gas mark 7, 220 C.

Transfer the meat, skin side up, to a clean, oven proof dish and, when the oven is back up to temperature pop the meat back in to crisp up the crackling for 15-20 minutes.

Remove from the oven and leave to rest.

Pour off any excess fat from the pan and add the white wine and 150ml of water. Heat gently, working off any sticky, burnt on residues, and simmer for 10 minutes, strain and keep warm.

Carve the roast into chunky slices, pouring a little of the pan juices over each portion and serve with mash potatoes and green beans.