

SLOW-ROASTED PORK WITH FENNEL



MINUTES TO PREPARE
40

TIME TO COOK
4 hours

SERVES
4-6



INGREDIENTS

2kg pork shoulder
1 teaspoon fennel seeds
1/2 teaspoon cumin seeds
2 cloves garlic, peeled
3cm fresh ginger, peeled and chopped
1/4 cinnamon stick
1/4 teaspoon ground ginger
Maldon Sea Salt
400ml cider
200ml water (if needed)

"I love a slow-roast on the weekend. Prepare it, pop it in the oven, let it do its thing throughout the day and let the house fill with the aromas of what's to come."

LET'S GET COOKING

- 1 Preheat the oven to 220/425/gas 7.
- 2 Heat up a small pan and dry roast the fennel, cumin and cinnamon for 3 minutes, or until they start to pop. Add in the ginger and two pinches of salt and remove from the heat. Pour the roasted spices into a pestle and mortar and pound. Add the garlic and ginger and pound some more, until you have a rough paste. Don't worry about grounding the cinnamon sticks down to a fine paste as you can pick these out... bashing them about to release their flavour will be enough.
- 3 With a sharp knife finely score the fat of the pork. Even if it is scored already, go over it again and make sure that each part has lovely thin lines. This is what will make good crackling.
- 4 Rub the spices into the sides and bottom of the meat, not the skin otherwise this will add too much moisture and you won't get that gorgeous crackling.
- 5 Rub the skin dry with paper towel and sprinkle with salt. Roast the pork for 30 minutes.
- 6 Turn down the heat to 140/275/gas 1. Add the bottle of cider, taking care not to splash the skin or meat. Cook for 3 hours 30 minutes.
- 7 Remove from the oven and rest for 10 minutes. While it is resting, boil up the sauce and reduce it by a third. Reducing means boiling rapidly on a high heat. As the liquid boils off, the sauce will reduce and intensify. Taste for seasoning.
- 8 Serve with sweet potato mash and tenderstem broccoli in the Autumn and Winter, and Puy lentils and a green salad in the Spring and Summer.