

Recipe #4 Pork Roast Dinner

Serves
4 people

Total Time
1 hour 40 minutes

Ingredients

1.25kg boneless pork leg roasting joint
1 tbsp wholegrain mustard
2 tbsp chopped parsley
2 tbsp chopped thyme
1 tsp chopped sage
80g pack prosciutto
4 good sprays of oil
3 carrots, halved lengthways, then cut across
6 small potatoeshalved
2 red onions, cut into wedges

12 garlic cloves
1 small celeriac, peeled and cut into 12 wedges

For the gravy
2 tbsp cornflour
600ml reduced-salt chicken stock
1 small bramley apple, diced

Method

Heat oven to 180C/160 fan/gas 4.

Cut all the rind and fat off the pork and discard so that you are left with a lean chunk of meat.

Spread with the mustard, scatter with the chopped herb and season with black pepper. Place the prosciutto slices on top of the pork to protect the meat where the fat has been removed.

Spray a large roasting tin with oil and put the pork in the centre. Surround with all the vegetables, scatter with the thyme sprigs, then spray again and cover with foil.

Roast for 1 hour, then turn the heat up to 220C/200C fan/gas 7. Uncover, spray again and roast for 20 minutes more.

Meanwhile, make the gravy. Mix the cornflour with a little water to make a wet paste, heat the stock in a pan, stir in the cornflour mixture and cook, stirring, until thickened.

Add the apple and cook for 5 minutes until its softened but holds its shape.

Remove the meat from the tin and pour any juices from the tin into the gravy. Spray the vegetables with oil and roast for 20 minutes more (while the meat rests) to brown them.

Serve the pork with roasted and fresh vegetables, and the apple gravy.