

# Slow roast pork with caramelised lemons and onions

## Ingredients

- 1 joint boneless pork shoulder, rind on, about 3.5 lb/1.5kg - rind well scored
- Sea salt
- 4 medium-size onions, ideally 2 red and 2 white
- 3-4 tbsp olive oil
- 2 large lemons, cut into quarters
- 2 tbsp clear honey
- 2-3 tbsp chopped fresh sage
- Freshly ground black pepper
- 1 glass dry white wine or cider
- 2-3 tbsp crème fraiche



## Method

1. Heat the oven to 220C/425F/gas mark 7. Rub the pork rind with salt and place the joint in a roasting pan. Roast the meat for 15 minutes, then turn the heat down to 150°C/300°F/gas mark 1. Roast for another two hours without basting for crisp crackling.
2. Meanwhile, peel the onions and cut each into quarters. Heat the oil in a frying-pan and sauté the onions for about 10 minutes, stirring often.
3. When the pork has been cooking for two hours, remove the pan from the oven and place the onions and lemon quarters around the pork. Drizzle honey over the onions and lemons and sprinkle with sage.
4. Return to the oven to cook for 1-1.5 hours, basting the onions and lemons occasionally, but not the pork. The pork rind should be crisp and the meat tender when you stick a thin metal skewer into the centre through the rind. (If you have a meat thermometer, it should read 80°C/175°F.)
5. Remove the joint from the oven and leave the meat to rest for 20 minutes (cover loosely with foil) while the potatoes are cooking (see next recipe). Spoon the onions and lemons into a dish and keep warm. Serve the pork in thick slices and break the crackling into chunks. Spoon the onions and lemons alongside.
6. To make the gravy: pour off as much oily fat from the meat pan as possible. Place the pan on the hob and stir in the wine, scraping the pan base. Simmer until reduced by a third, then mix in the crème fraiche. Season and strain into a gravy jug.

## Notes

If your pork joint is a different size, weigh it and calculate the roasting time as follows: allow 60 minutes per lb or 2.5 hrs a kg at 150°C/300°F/gas mark 1 after the initial 15 minutes at the higher heat.