

Slow Roast Pork with Roast Vegetables and French Peas

Ingredients

For the Roast Pork

- 1-2kg pork shoulder
- 1 medium or large white onion
- Dessert spoon of vegetable oil
- Salt and Pepper

For the Roast Vegetables

- 4-8 medium size potatoes
- 3-6 carrots cut into cut into pieces
- 2-4 parsnips cut into pieces
- 3-6 red onions cut into wedges
- Vegetable oil
- Olive oil

For the Peas

- 3-4 Lettuce leaves
- ½ medium white onion finely chopped
- Butter
- 350g Frozen Peas

For the Gravy

- 600ml chicken stock
- 1 tbsp flour – for thickening

Additions

- If you would like additional vegetables these should be cooked in your normal way.



Method

1. Preheat the oven to 220°C/200 ° C Fan/Gas 7. Cut the onion into quarters and place in the bottom of the roasting tin to act as a trivet for the pork.
2. Rub the pork with the vegetable oil and sprinkle salt (pepper optional) over it. Place it on the onions in the roasting tin (uncovered) and roast in the oven for 30 minutes.
3. Turn the oven down to 160°C/140 ° C Fan/Gas 3, cover the tin and the pork with foil or a lid, then roast for a further 4½ hours.
4. Meanwhile, prepare the vegetables.
5. Approximately 3 hours after returning the pork to the oven, put a suitable amount of vegetable and olive oils in the bottom of a roasting tin and put it in the oven to pre-heat.
6. The potatoes and parsnips can now be par-boiled (7-10 minutes). When ready, remove the roasting tin from the oven and add the potatoes, parsnips and carrots to the oil, turning them to fully coat with the oil. Return the tray to the oven.
7. Leave the vegetables for approx. 30 minutes then add the red onions.
8. Remove the pork from the oven and slice off the skin. Return the pork to the oven for another hour and place the skin on a suitable dish/tin and place this in the oven to create crackling.
9. After a total of 6 hours, remove the pork from the oven and place it on a plate, cover with foil and leave to rest for at least 30 minutes.
10. To allow the vegetables to brown and make the crackling firm, turn the oven to 220°C/200 ° C – Fan/Gas 7 and leave for 30 mins.
11. To make the gravy, put the roasting tin over a low heat and sprinkle over the flour, then stir well to scrape up any caramelised bits on the bottom of the tin. Stir in the chicken stock and then simmer until the gravy is thin but rich. Taste for seasoning and add if required.
12. Pour into a warm gravy jug and serve with the pork and vegetables.