

Roast loin of Welsh pork with apple and Welsh cider



A classic combination of pork, apples and sage for a perfect roast!

Serves 6 | **Prep** 25 minutes | **Cook** 2 - 2½ hours

Ingredients

1.8kg piece of rolled and tied traditionally reared pedigree Welsh pork loin*
2 garlic cloves, sliced into thin slivers
small bunch rosemary, broken into small sprigs
3 bay leaves, torn
1 onion, roughly chopped
1 large carrot, chopped
1 cooking apple, peeled, quartered, cored and roughly sliced
2 tablespoons plain flour
100ml Welsh cider^Δ
500ml vegetable or chicken stock

Method

- 01** Score the pork skin with a sharp knife and rub salt into the skin 2 hours before cooking and leave it uncovered in the fridge.
- 02** Heat the oven to 230°C/210°C fan/Gas 8.
- 03** Turn the pork rind-side down and with a small knife make about 6 deep incisions along the meat. Poke a sliver of garlic, a piece of rosemary and bay in each incision and turn the pork the right way up. If you didn't salt the pork earlier salt the skin now.
- 04** Mix the carrot, onion and apple and scatter along the middle of a shallow roasting tray to make a bed for the pork to sit on. Sit the pork on the vegetables and place the pork in the oven and leave for 15 minutes then turn the heat down to 180°C/160°C fan/Gas 4 and continue to roast for 1hr 30 minutes.
- 05** Remove the pork from the roasting tray to a board to rest and pour off all but about 2 tablespoons of fat from the tray. If your tray is robust enough to go on the heat then do so, if not scrape the contents into a shallow saucepan and place on the heat.
- 06** Stir the flour in with the vegetables and cook until you have a mushy, dark amber paste then splash in the cider and bubble down to a thick paste again. Pour in the stock and simmer everything for 8-10 minutes until you have thickened gravy. Strain the sauce into another saucepan, pushing as much puréed apple as you can through the sieve. Simmer again and season to taste.
- 07** Carve the pork loin with crackling attached into slices and serve with the apple and cider gravy.

