

Slow Roast Free Range Pork Shoulder Vindaloo, Potatoes and Pudding

Serves 4-6 people

STEP 1:

Ingredients:

2.5kg (approx.) boned neck end joint of rare breed, free range pork with a good amount of bright fat, skin scored into 20mm squares on the diagonal
180ml cider vinegar
50ml sunflower oil
35g of Vindaloo Marinade Mix
- *Black pepper, Kashmiri chillies, salt, sugar*

Method 1 - begin:

1. Combine all the above ingredients in a bowl, mix well, cover with a damp tea towel and set aside for at least two hours (or overnight in the fridge)

STEP 2:

Ingredients:

3 tblsp sunflower oil
10 cloves garlic, crushed or blitzed
4 fat inches ginger, grated or blitzed with the skin on
60g of Vindaloo *SAUCE Spice Mix*
- *Turmeric, cumin, Kashmiri chilli, coriander, cassia, green cardamom*
900ml chicken stock
300ml good cider
1 good sized knob of butter, 30g
Good handful of fresh coriander leaves, chopped

Method 2 - next:

2. Pre heat your oven to 220°C.
3. Place a sauté pan, large enough to fit the pork joint onto a high heat. Lift the joint from its marinade, reserving the marinade for later and scraping excess back into the bowl. Add 1 tblsp of oil to the pan and sear all sides of the meat to a golden, nutty colour.
4. Take the pan off the heat and remove the joint, scored side up, to a roasting tray. Pour the juices from the pan over the joint. Set aside.
5. Add the garlic, ginger and *SAUCE Spice Mix* into the marinade, quick stir, pour this over the joint clearing it from the scored skin, then pour over the remaining 2 tablespoons of oil. Rub both well into every crevice and corner of the meat.
6. Pour the stock into the tray, pop into the middle of your oven and cook for 20 minutes
7. Then, turn down the heat to 180°C, baste and turn the joint in the oven, add the cider and pop back to cook for another 1 hour and 45 minutes to 2 hours
8. When the meat is cooked and the skin has crisped up, remove the roasting tray from the oven and pop the joint onto a warmed charger
9. To make the gravy, put the roasting tray onto a fairly high heat and reduce the liquor by about half, or until it's the sort of thickness you like, then add a good knob of butter, sprinkle in the coriander and pour over the joint.
10. Carve generous slices and serve with roast potatoes and my Yorkshire pud (see below)

Serving Suggestion:

Serve as an alternative Sunday roast with classic Yorkshire Puddings (see next page for recipe) and summer vegetables.



Yorkshire Pud

Ingredients:

250g plain flour

Pinch tsp salt

4 medium eggs beaten

500ml to 600ml semi-skimmed milk

¼ tsp baking powder

Dripping and drop of virgin coconut oil to cook the batter

Method

1. Set your oven to 220°C, gas 7
2. Sift the flour, add the salt then whisk in the eggs and a little milk until it forms a smooth paste, then carefully mix in the rest of the milk (don't over-whisk) until it has a thick pouring consistency.
3. It's best left overnight covered in the fridge,
4. Then add the baking powder, pour dripping and a little coconut oil into muffin tin divots to about a fifth way up the sides, heat it in the oven until smoking (this is important), then pour a small ladle of mix in to each divot, about two thirds the way up and bake for 30 minutes until lightly browned and well risen.

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