

Roast Loin of Three little Pigs Berkshire Pork with Cider Sauce

For a change try a Leg or Shoulder Joint

2Kg Loin of Pork salt and pepper

1-2 tbsp groundnut oil

Cider Sauce

20ml groundnut oil 1 large onion (chopped)

1 large carrot (chopped) 1 celery stick (chopped)

2 garlic cloves (crushed) 1 bay leaf

2 thyme sprigs 1 Granny Smith apple chopped

300ml dry cider 400ml chicken stock

1. Preheat oven to 200c/gas 6. Season loin skin with plenty of salt and some pepper. Place in roasting tray over a high heat, add groundnut oil. Add pork loin and turn to seal all over. Transfer to oven. Roast for 1 ½ hours or until cooked through.

2. For sauce heat oil, add vegetables, garlic herbs, lower heat and cook until softened and golden. Add the chopped apple and cider. Bring to boil and simmer to reduce by half and then add stock. Bring back to boil, skim and simmer for 20-25 minutes.

3. Pass sauce through a sieve into a clean pan and then simmer to reduce again by half and then keep warm.

4. When the pork is cooked, leave to rest for 10 minutes, pour off the fat from the roasting pan and then add the meat juices to the sauce.

Accompaniments: Baked apples, roast potatoes and braised red cabbage