

Slow Roasted Pork Shoulder Joint

(Inspired by Heston Blumenthal, James Martin and Jamie Oliver – this recipe works well with shoulder or leg)

‘Three Little Pigs’ Shoulder Joint (ready scored – just ask Jon, he’ll do it for you)

½ garlic clove,

110g fennel seeds,

Salt and pepper to season,

5-6 small dried red chillies- crumbled,

5 lemons- juice only

3 tbsp ‘Gold from the Wold’ rapeseed oil or olive oil

1. Preheat the oven to 230C/450F/Gas 8
2. Crush the garlic with the fennel seeds, then mix with salt, pepper and chilli to taste. Rub this mixture all over the skin and surface of the pork.
3. Place the joint on a rack in a roasting tin and blast for half an hour until the skin crackles. Turn the joint over and pour over half the lemon juice and 2 tbsp oil.
4. Turn the oven down to 110C/225F/Gas ½ and leave the meat to gently roast (skin up) for at least 8 hours. Turn occasionally and baste with lemon juice and a little oil. The Joint is ready when the meat is soft and crumbles.