



TIPS • ADVICE • COOKING TIMES

Pork

Buying Pork

Joints to choose: Loin or joint from the leg.

Weight to allow: A 3 to 4lb (1.4 to 1.8) boned joint gives 6 to 8 good portions. Allow slightly more weight if buying the joint on the bone.

Cranberry and Apple Sauces:

Blend equal quantities of apple puree and cranberry sauce.

Port Wine Sauce

Boil $\frac{3}{4}$ pint (450ml) beef stock with a peeled onion and several strips of orange rind: cool then strain. Heat 2oz (50g) butter, stir in $1\frac{1}{2}$ oz (40g) flour, then stock, 3 tablespoons orange marmalade. Heat steadily, stirring until thickened. Add $\frac{1}{4}$ pint (150ml) port wine, heat without boiling. Season well.

Boiled or Duchesse potatoes; See "Lamb", flageolet or green beans and broccoli.

For Good Crackling

Ask your Butcher to score the rind, stand meat on trivet in roasting tin, rind uppermost. Brush with oil and sprinkle with salt. Do not cover.

Cooking Times

375° F / 190° C / Gas Mark 5.

Allow 30 to 35 minutes per lb (450g) plus 30 minutes.

Carving Pork

Carve loin downwards and leg joint across the grain.

Using Cooked Pork

It is delicious in salads and makes luxury Cottage Pie.

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CRAFT BUTCHERS