



# Roast Loin of Pork

Our pork loin will be the talking point at your family Sunday roast

Serves: 8

Prepare: 20 Minutes

Cook: 2 Hours

Difficulty: Easy

## Ingredients

- [2kg organic pork loin](#)
- 2 medium white onions
- 1 clove of garlic
- 16 medium potatoes
- 16 carrots
- 2tbsp olive oil
- 1 large handful of organic thyme
- salt & pepper, to season
- 330ml organic [chicken bone broth](#)
- 1tbsp flour ( if needed)

## Method

1. Remove your joint from your fridge for an hour or so before cooking to allow it to warm at room temperature. Or if using a joint from the freezer, defrost in the fridge for 24 hours to ensure full defrost and then follow the step of warming to room temperature before beginning the recipe
2. Pre-heat your oven to 220°C. Whilst your oven is heating up, wash your potatoes and carrots with cold water, removing any dirt or anything on the skins of the vegetables, but leave the skin on. Slice your potatoes into four roughly and either half or quarter the carrots dependant on the size, Try to cut the potatoes and carrots at the same thickness to ensure they roast at the same speed. Peel your onions and cut them into four
3. Place all of your vegetables in a deep bottomed oven tray and drizzle with oil. Pull the fresh thyme leaves away from the stem and scatter them over your vegetables. Place your loin of pork on top of your bed of vegetables and season. Score lines in the skin with a sharp knife, but not all the way to the meat of the joint, this will allow the fat to escape and to create the perfect crackling. Rub a generous amount of sea salt over the scored skin of the joint to ensure you get the very crunchiest of crackling
4. Roast for 2 hours or until you get a core temperature of 65°C on a temperature probe
5. Remove from your oven tray and leave to rest under a few sheets of loose foil for at least 20 minutes
6. While your meat rests, pour any excess liquid from your tray into a saucepan and pop your tray of veggies back into your oven

7. Place your pan of juices on your hob and add your pouch of broth. Simmer until it reduces to a rich jus. If the thickness isn't to your liking you can always add some cornflour or flour to thicken to make more of a gravy

8. Carve your pork loin and serve with the roasted veg