

Myrtle Roast Pork Crackling and Apple Gravy



Cooking time: 1 hr resting

how to cook

- 1 Preparation: Dab the rind aggressively with kitchen towel. Apply another piece of the kitchen towel and let it sit for a few hours.
- 2 Preheat the oven Gas 7, 220°C, fan 200°C, 425°F.
- 3 Mix all Myrtle rub ingredients together, except the olive oil, in a pestle and mortar. Grind until reasonably fine. Add a tbsp of olive oil and stir to make a paste. Rub the paste over the fleshy parts of the joint, not on the rind.
- 4 Sprinkle 1 tsp of salt over the rind and rub it in.
- 5 Put a piece of foil into a roasting tray and shape it into a mini baking dish with four sides. This is to retain the cooking juices in a smaller area and make them less likely to boil dry.
- 6 Place your joint into the middle. Put three baking apples (top side down) around the joint and semi cover them with the foil so that they won't burn during roasting.
- 7 Add two glasses of any white wine and a tbsp of Balsamic vinegar.
- 8 Place in the hot oven for 25 minutes. Then turn the oven down to Gas 5, 190°C,

what you need

- 1 kilo John Penny Joint of pork (spare rib is best) deboned
- 1 tsp of salt
- 3 medium cooking apples
- 2 glasses of white wine
- 1 tbsp of balsamic vinegar
- Myrtle rub:
 - 1 tbsp of dried myrtle
 - 1 tsp of garlic granules or a medium clove of garlic
 - 1 tbsp of dried tarragon
 - 1 tbsp of olive oil

Visit our website for more recipes www.johnpenny.co.uk



375°F for another hour.

- 9 Remove the joint to a plate and cover with a duvet of foil and towels to let it relax for about 30 minutes. Meanwhile, start cooking your vegetables (ideally include carrots as one of your veggies as carrot water enhances any gravy).
- 10 Ten minutes before meal is served, make your apple gravy. Pour the juice from the baking tray into a saucepan over a medium heat. If you have cooked carrots as a vegetable, add half a mug of carrot water to the saucepan.
- 11 Remove the skins of the baked apples and press through a sieve to make a puree. Add this mush to the gravy in the saucepan and reduce it for five minutes or so.
- 12 Slice the pork thickly to serve.