

# Roast Pork with Pumpkin Wedges



## what you need

- 1kg John Penny pork joint
- salt
- freshly ground pepper
- 2 cloves garlic
- 3 small onions
- ½ litre meat stock
- 2 bay leaves
- 1kg pumpkin, seeds removed
- 1tbsp honey

**Cooking time:** 2 hrs 30 mins

**Serves:** 4

## how to cook

- 1 Heat the oven to Gas 4, 180°C, fan 160°C, 350°F.
- 2 Wash and dry the meat and score the rind. Season the meat with salt and pepper.
- 3 Peel and finely chop the garlic. Peel and halve the onions. Put the stock into a pan and bring to the boil.
- 4 Put the meat into a roasting dish and pour the boiling stock over it. Add the bay leaves and garlic. Put into a preheated oven and cook the meat for 2 hours, basting frequently with the liquid.
- 5 Cut the pumpkin into wedges and put around the meat, with the onions, 20-30 minutes before the end of cooking time.
- 6 Add a little more stock if the liquid evaporates too much. Brush the meat with honey.
- 7 Turn the oven temperature up to Gas 6, 200°C, 400°F and cook until the meat and vegetables are done.
- 8 Serve hot.

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