

# Shoulder of Pork with Lemon and Sage



**Cooking time:** 10 mins plus 2 hrs cooking time

**Serves:** 4

## how to cook

- 1 Preheat the oven to Gas 6, 200°C, fan 180°C, 400°F. Heat the oil in a frying pan and when hot add the pork and brown on all sides. Remove from the pan and place in an ovenproof casserole dish.
- 2 Add the butter to the frying pan and when melted add the sage leaves and lemon rind. Fry for a few minutes til crispy. Add any juice from the pan to the pork, along with the lemon rind and sage. Pour the lemon juice over the pork and add the shallots, parsnips and garlic. Pour over the wine. Warm the chicken stock and add with the bouquet garni. Place a lid on the casserole dish.
- 3 Put the casserole into the oven for 20 minutes, then reduce the heat to Gas 3, 170°C, fan 150°C and cook for 1-1½ hours. Regularly check the pork and turn it while cooking. When the pork is cooked remove from dish with shallots and parsnips and put to one side. Discard bouquet garni.
- 4 Place the casserole dish on the hob and add a splash of cream. Heat through til it has the consistency of a sauce. Add the sage leaves and season to taste. Slice the pork and serve with the parsnips and shallots and some winter greens. Pour the sauce over the top.
- 5 Cook's tip: For variety, add more water and puy lentils before slow cooking until tender.

## what you need

- 1.25kg John Penny rolled shoulder of pork, rind and fat removed
- 1tbsp olive oil
- 15g butter
- 10 sage leaves
- 1 lemon, rinded + juice of half
- 8 shallots, peeled and halved
- 2 parsnips, peeled, cored and quartered
- 2 garlic cloves, crushed
- 200ml white wine
- 750ml chicken stock
- bouquet garni (bunch of herbs)
- splash of cream
- 4 chopped sage leaves
- black pepper
- winter greens

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