

## Roast Stuffed Pork

Serves: 6

Prep time: 20-30mins Cook time: 2 1/2 hours

2-2.5kg blade or sparerib of free-range pork, boned  
(loosely tied, as you will have to re-roll and tie up)

75g fresh breadcrumbs

1 large red onion, finely chopped

2tbsp each chopped fresh sage and parsley

1 large red skinned apple, finely chopped

50g ready-to-eat dried cranberries or blueberries

1/2 tsp grated nutmeg

Salt and black pepper

1 small egg, beaten

Olive oil

Preheat the oven to 450C/230F/gas Mark 8. With a sharp knife cut away the rind and most of the fat so you can cook the crackling separately. On a chopping board slash the rind with a sharp knife and place on a baking tray. Roast for 15 minutes whilst preparing the joint.

Mix together the crumbs, onion, herbs, apple, cranberries, seasonings and beaten egg to bind it. Lay the joint out flat on the rind side. Have ready several pieces of string, cut in 12in/30cm lengths. Spread evenly over the pork, roll up from one long side and tie evenly, at 1"/2.5cm intervals quite tightly.

Make sure all the ties are on the underside and place the pork in a roasting dish. Rub with a little oil and sprinkle with seasoning. Place on the shelf beneath the crackling, or in the middle of the oven.

Roast for 30 minutes, turning the tin round once. Then reduce the heat to 180C/350F/gas Mark 4 and allow a total of 30 minutes per .5kg. Turn the tin round in the oven again once, and when cooked through, turn the heat off and leave to stand 20 minutes before carving.

Serve with roast potatoes, your favourite fresh vegetables and why not try the Rum Plum Sauce for a delicious alternative to (or as well as) your gravy?

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