

Roast pork

with gravy, caramelised potatoes and red cabbage

1.5 kg neck of pork,
boned, with skin
3 bay leaves
2 small onions
salt and pepper

Sauce

4 dl sieved stock with all
the fat removed. Add water
if more liquid is required.
3 tbsp wheat flour
4 dl semi/skimmed milk
4 tbsp soy sauce
3 tsp red currant jelly
salt and pepper
colouring

Caramelised potatoes

2.5 kg small boiled,
peeled potatoes
2.5 dl sugar
4 tbsp liquid margarine or oil,
i.e. sunflower- or grapeseed oil
– olive oil is not suitable

Red cabbage

1 kg red cabbage
5 apples
2.5 tbsp oil
1.2 dl apple/wine vinegar
5 dl red currant juice
4 tbsp sugar
salt



Serving suggestion

Consider serving with a salad - red cabbage, orange segments and walnuts.

Alternative ingredients

You can use small bottled or canned potatoes but rinse them well. Consider using bottled or canned red cabbage - heat and serve.

At 0.5 cm intervals, score the skin right down to the meat but avoid scoring the actual meat. Sprinkle salt on to the crackling and rub it in well. Stick bay leaves inside the meat.

Pour water into a roasting tin and add the quartered onions. Place the meat on a drip tray on top of roasting tin. Use some crumpled cooking foil under the meat to get it to stay as even on top as possible.

Place in the centre of a cold oven and put the probe of a roasting thermometer into the meat. Cook at 200° C until the core temperature is 55° C. If the crackling is not crisp, increase the temperature to 250° C and cook until the core temperature is 65° C. Take care that the crackling does not get too brown.

Take the meat out of the oven and sieve the juices into another pan. Skim off the fat. Whisk the flour into the milk and stir well. Boil the gravy for 5 mins, stir well. Season with salt, pepper, soy sauce and red currant jelly. Add colouring.

Cut the crackling off the roast pork and divide it. Cut the fat off between the crackling and the meat and throw away. Carve the meat in thin slices and top off with the crackling.

For the caramelised potatoes - melt the sugar in the pan. Add the oil or liquid margarine to the sugar and stir. If you are using potatoes from a can or a jar, please place the potatoes in a colander under running cold water, wash them and dab them dry afterwards. Add the potatoes to the sugar mixture and brown over a gentle heat while stirring with a spatula.

Slice the cabbage thinly, possibly using the food processor. Peel and core the apples. Grate the apples. Fry the cabbage and apples for a couple of minutes in oil. Add the vinegar, red currant juice and sugar, and season with salt. Cover and simmer the cabbage for about 45 mins. Stir regularly. Add sugar and salt to the cabbage to taste.

