

Aromatic Roast Pork with Apples

(serves 6)

This is a lovely autumnal recipe perfect for a hearty Sunday lunch. Buy local East Anglian free range pork and make the most of this season's Cambridgeshire apples.

If you seek out some local cider as well you will have created a truly seasonal and local meal marrying some of the region's best produce.

1. Preheat the oven to 200°C/400°F/Gas Mark 6. Season the pork with salt and pepper, if needed roll and tie with kitchen string.
2. Heat the olive oil in a pan and brown the loin of pork all over. Meanwhile, pour the cider and stock into a pan, add the cloves, crushed peppercorns, sugar and Calvados and bring to the boil. Taste and season with a little salt and pepper.
3. Transfer the pork into an ovenproof dish, season with a little more salt and pepper. Surround with the diced apple, pour the hot wine mixture over it and cover with foil. Roast for 20 minutes then lower the oven temperature to 180°C/350°F/Gas Mark 4 and roast, basting frequently, for a further 45 minutes.
4. Remove the foil and return the pork to the oven for a further 20 minutes. Lift the meat out of the dish and leave to rest. Strain the sauce into a pan, pressing down the apples with a spoon. Cook over a high heat until thickened and caramelised, taste and season with salt and pepper. Untie the meat and carve into slices. Place on a warm serving dish and spoon the hot sauce over.
5. Serve the pork with a lovely mash based on good quality floury potatoes mashed with butter and cream and some seasoning.

INGREDIENTS

1kg boned loin of free range pork
olive oil for browning
350ml dry apple cider
175ml vegetable stock
4 cloves
10 black peppercorns, crushed
1/2 tablespoon mustard powder
2 tablespoons sugar
A glug of Calvados
Salt and pepper
2-3 apples, peeled, cored and cut into rough cubes

Recipe provided by www.cambridgecookeryschool.com