

organic pork shoulder

prep time 10mins

cooking time 1.5hrs



this recipe is free from gluten and dairy

ingredients

2kg pork shoulder (bone in, skin on, not scored)
1 red onion, quartered
1 bulb garlic, halved with skin on
4 tablespoons of onion infused extra virgin olive oil (regular will also be fine)
4 cups bone broth (or stock)
salt
pepper

notes

cooking time will vary on the size of the cut. add an extra 30 minutes at the slow roast stage for anything over 2.2kg
if you do not salt the skin evenly, you will not get that hardened crackling.
do not leave any patch unsalted
perfect with a side of roast vegetables and shredded cabbage slaw

method

1. preheat oven to 220 degrees fan force
2. pat the meat dry with a paper towel, ensuring it is dry as possible
3. drizzle 2 tsp evo, 2 tsp salt and pepper on the flesh of the pork and rub it in
4. flip over and drizzle the remaining oil on the skin. generously cover with salt to ensure that there is no skin left exposed
5. place the onion and garlic flat in a baking dish. sit the seasoned pork on top, skin side up. this will ensure the vegetables do not burn
6. pour in 3 of the 4 cups of bone broth to the base of the dish. be careful not to wet the skin of the pork
7. place the dish into the oven and immediately turn the heat down to 140 degrees
8. cook for one hour (can be up to 1.5 hours depending on your oven and the size of the cut). add in the extra cup of bone broth and cook for a further hour (total of 2 - 2.5 hours)
9. remove the dish from the oven and turn the temperature to 250 degrees or as high as the oven will allow. while the oven is heating up, re-salt the skin generously. the skin will not bubble up to create the 'crackling' if there is no salt
10. place the pork back in the oven for 20-30 minutes to crisp up the skin
11. remove from the oven and loosely cover with foil. let it sit for 10-15 minutes before slicing and serving.

