



In the local Supermarket they had an offer on boned out Pork Leg earlier in the week. ?Was £9.10 now £4.55? Not to be sniffed at. But far too big for us to eat in one sitting. So I butchered it into three more manageable sized pieces and froze two of them. This was the result of one of the frozen pieces and we still have a good half of this cooked in the fridge. So potentially six servings from the one joint.

Ingredients for the roast:-

Oil
Chilli flakes
Salt and Pepper
Dried Sage
2 fresh Rosemary sprigs

Method:-

- (1) Rub the above ingredients excluding the Rosemary into the outside of the meat.
- (2) stab the joint with a sharp knife and insert the Rosemary into the holes
- (3) Foil and roast at 170C for about an hour.
- (4) If the joint hasn't been frozen take the foil off and turn up to 190C for the last 20 minutes to

crackle the skin.

(5) Remove the Rosemary before carving and allow the joint to rest.

We served ours with Gluten free Yorkshire puddings, Roast Potatoes, Cabbage, Carrots and Peas.

The gravy was a stock cube, Corn Flour and the meat juices.