

Yesterday I popped to the supermarket to see if I could find meal inspirations. Sue?s not being feeling very well for a while and we?d both got to the ?I don?t know? stage regarding what to cook next. £2.97 for a whole Pork shoulder. That?ll be inspiration for a few meals - right there?..

Slow roast Pork in a large Gluten free Yorkshire Pudding, with Hassleback Spuds, Tender Stem Broccoli, Corn on the Cob and Red Wine Gravy.

This is more of a method than a recipe.

Method:-

(1) Oil the outside of the shoulder and season well on all sides with Salt & Pepper.
(2) Cook at 180c uncovered for 30 minutes.
(3) Reduce the heat to 160c, cover with foil and cook slowly for a further 5 hours.

You won?t get crackling using this method, but you will get outstandingly tender Pork?.