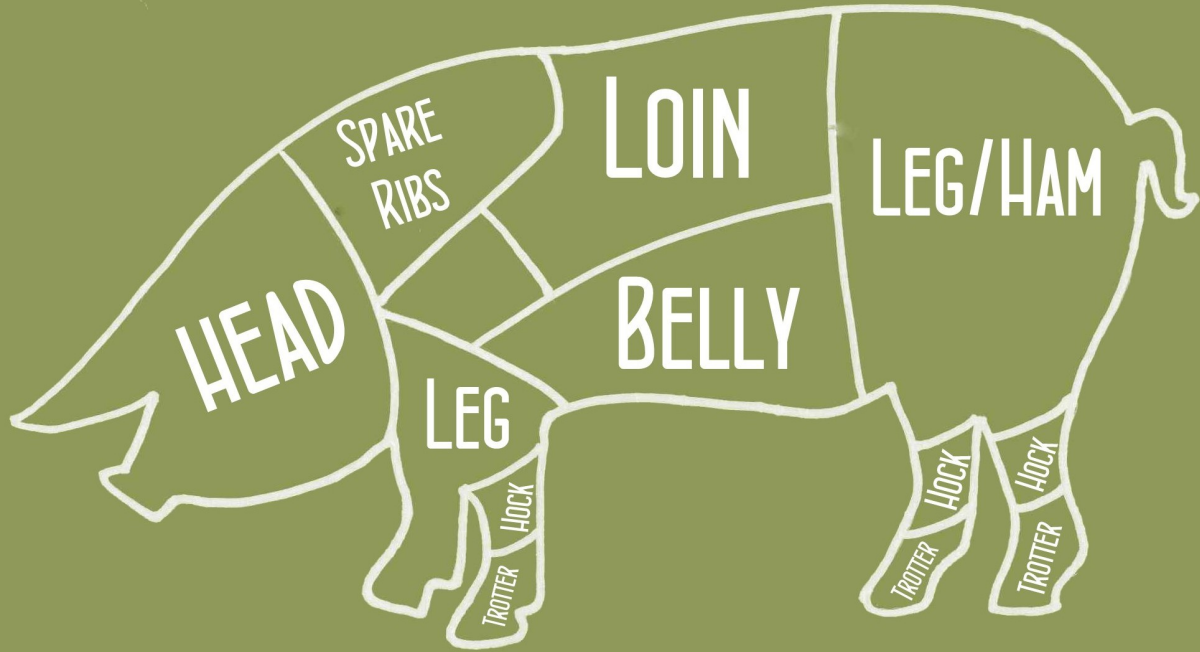


Guidelines for Roasting Pork



Please note that the following information should be treated as a guide, as all ovens vary.

- Always preheat your oven to the required temperature.

Leg or Loin

Temperature 180°C-190°C/350°F-375°F/Gas Mark 5

Cooking Times 20 minutes per lb (454g)
Then add 20 minutes

Shoulder or Belly

Temperature 140°C-150°C/275°F-300°F/Gas Mark 2

Cooking Times 45 minutes per lb (454g)

Helpful hints

- To ensure great crackling always roast with the fat and skin uppermost and rub a little salt in the skin.
- Do not baste if you like crackling.
- To check it is ready insert a skewer or sharp knife into the thickest part of the joint and make sure the juices are running clear.
- Before carving cover with tin foil and allow the joint to stand for 20 to 30 minutes after removing it from the oven.

