



Slow roasted Berkshire Pork Middle Roll

**1 middle roll - scored
10 garlic cloves
100g fennel seeds
salt & black pepper
5-6 small dried red chilies, crumbled
juice of 5 lemons
3 tbsps of olive oil**

Preheat oven to 230c/gas 8.

Crush garlic with the fennel seeds, mix with salt pepper and chili to taste. Rub and push mixture into scores and over skin and all surfaces of the meat.

Place in roasting tin and roast for 30 minutes until skin starts to crackle. Turn over joint and pour on half the lemon juice and 2 tbsps of oil. Turn back upright. Turn oven down to 120C / gas ½ and leave the meat to roast all day (8 – 24 hours for a 3 kg joint. Reduce the time for a smaller joint). Turn over occasionally and baste with extra lemon juice and a little oil. The meat will be soft and tender under a crisp skin when ready.

Add extra lemon juice to deglaze the tray and pour over meat.