

How to cook your roast pork

Roast with crackling

To cook the crispest crackling, there are three things you need: oil, salt and heat.

1. Remove roast from packaging and pat dry with paper towel. With a small sharp knife, deeply score the rind at 1cm intervals, being careful to not cut into the meat. If time allows, leave the scored roast uncovered in the fridge for 1 hour, or ideally overnight. This process further dries the rind and aids the crackling process.
2. When you're ready to cook, put your pork on a wire rack in the sink and pour a jug of boiling water over the rind. Pat dry thoroughly with paper towel.
3. Rub the roast with 1 tbsp of vegetable oil and half a tbsp of salt (more if you like salty crackling), making sure the oil and salt penetrate the scores.
4. Place the roast on a wire rack inside a baking tray and cook at 240°C (max 250°C conventional) for 50 minutes. If the roast is over 2kg, take 10 minutes off this initial crackling time.
5. Turn the oven down to 180°C and cook for 30 – 35 minutes per kg, depending on how well you like your roast cooked.
6. Once cooked, let the roast rest for 10 minutes before slicing.

Note: to achieve great crackling, getting the oven temperature correct is critical. We recommend the use of an "oven thermometer" to verify that the stated oven temperature is accurate.

What size roast should you choose?

Boneless roast	Generally approx. 1.5 - 2kg	Feeds about 6 – 8 people
Bone-in roast	Generally approx. 3.5 - 4kg	Feeds about 10 - 12 people

Try succulent pork steaks this summer

Why not try juicy pork steaks this season for a fresh take on your summer BBQ.

How to barbeque pork

- Choose a boneless pork steak about 2cm thick. A good choice is the loin médallion, porterhouse or scotch steak.
- Pre-heat the grill or BBQ plate just like you would for any other steak.
- Cook on one side without turning for 6 minutes.
- Turn once and cook for 2 minutes.
- Remove from the heat and allow to rest for 2 minutes before serving. This allows the juices to settle so it's nice and tender.



For a little extra flavour, try these quick ideas.

Lemon Scented Marinade

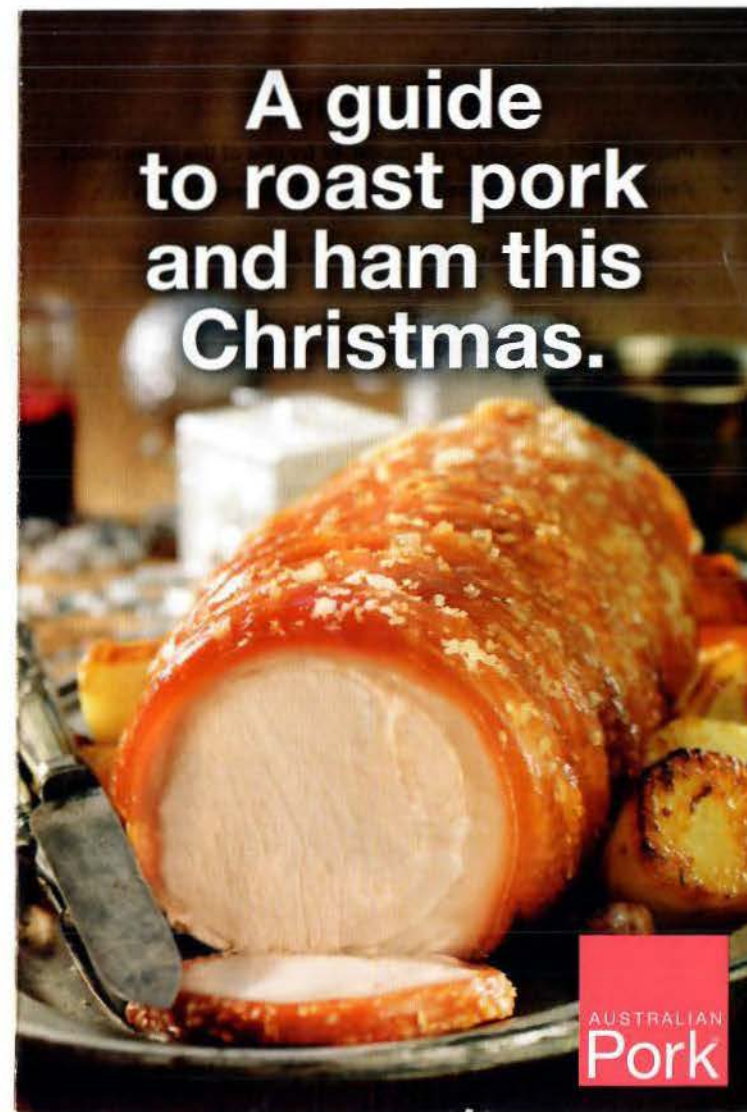
2 lemons, juiced and zested
2 tbsp olive oil
2 cloves garlic, crushed
2 tbsp mint leaves, shredded

Cumin and Coriander Rub

1 tbsp ground cumin
1 tbsp ground coriander
1 tbsp sweet ground paprika
1 ½ tbsp cracked black pepper
¼ tbsp salt

For more great steak marinade, rub or sauce ideas, visit pork.com.au.

A guide to roast pork and ham this Christmas.



AUSTRALIAN
Pork

Glazing your ham

- Prepare your favourite glaze recipe, or try one of the ideas below.
- Remove the rind and use a sharp knife to score the ham in a diamond pattern.
- Place the ham scored side up in a large baking pan and brush over glaze.
- Place into a pre-heated oven or hooded BBQ at 180°C for 20 minutes per kg, basting occasionally until the ham is brown and warmed through.

Glaze suggestion 1

350ml jar salted caramel sauce, warmed.

Bake ham with 4 x 300ml bottles of apple or pear cider and 2 cracked cinnamon sticks in the base of the pan. Serve with roasted hazelnuts sprinkled over the ham.

Glaze suggestion 2

$\frac{3}{4}$ cup orange juice

$\frac{1}{2}$ tsp nutmeg

1 cup honey

1 cup orange marmalade, sieved

$\frac{1}{4}$ cup grand marnier or whisky (opt)

Combine the ingredients into a saucepan and heat over a low heat until dissolved. Simmer until reduced by half.

For more glaze ideas, go to pork.com.au.



Carving your bone-in leg ham

Note: already glazed your ham? Skip Step 1.

Step 1

Place ham skin side up. Then run a small sharp knife under the rind around the bottom (opposite end to hock) and each side of the ham to about halfway up. Peel the rind back.



Step 2

Run the tip of the knife around the bone, on the underside of the ham. Begin to slice on a slight angle down to the bone.



Step 3

Run your knife lengthways along the bone to remove slices. Continue to slice towards the hock.



Step 4

Continue slicing down to the bone, working your way around the ham until you reach about a third of the way up. Remove the bone by making a few short cuts at the joint.



Step 5

To keep your ham fresh, fold rind back over exposed surface, place in a Ham Bag, pillowcase or wrap in a tea towel. Store in the fridge.



Storing your ham

- Soak a ham bag, pillowcase or tea towel in a solution of 2 cups of water and 1 tablespoon of vinegar.
- Squeeze out excess moisture and place the ham in the bag, pillowcase or wrap in a tea towel. Store in the fridge (below 4°C).
- Rinse and re-soak the bag in a new solution every few days or when it dries out. Fresh Australian leg ham should last for up to 3 weeks.



Your Christmas ham – how to know it's Australian

To be sure you're buying Australian ham this Christmas, look for the distinctive pink Australian PorkMark (pictured above), the words "Product of Australia" or buy a bone-in ham.

For delicious ideas on how to use your left over ham, visit pork.com.au.