pork picnic joint

pot roast

for best results, pot roast this cut

Oven Temperatures	°C	°F	Gas Mark
Very Cool	140°C	275°F	1
Warm	160°C	325°F	3
Fairly Hot	190°C	375°F	5
Hot	220°C	425°F	7
Very Hot	240°C	475°F	9

The core temperature is measured from the centre of the meat. For perfect cooking and measuring internal temperatures, we recommend a 'Meater+ Wireless Thermometer'. Available in our pantry now.

Whilst I personally develop, try and test all our recipes and cooking guides, heritage breed animals can vary immensely, therefore cooking times are a guide only. Please ensure all products are cooked through and hot before serving. Enjoy!

Jeff Baker

Executive Development Chef

cooking time from: 8 hours

method

Remove your joint from the packaging & bring to room temperature.

Preheat your oven to 210°C for fan-assisted or 230°C for ovens without a fan (gas 8).

Choose a large, flame proof casserole with deep sides & tight fitting lid.

Season the meat with good quality sea salt just prior to cooking.

Make a trivet by roughly chopping equal amounts of onion, carrot and celery (or our preferred choice of celeriac, the root of the celery) plus a bay leaf, sprig of thyme and a few black peppercorns then place the joint fat side up onto the trivet, which should line the base of the dish, place in the centre of the oven and roast for 25 minutes until nicely browned.

Next add 300ml white wine, chicken stock or apple juice to the dish & cover with a tight fitting lid & cook for 8 hours on 120°C for fan-assisted or 140°C for ovens without a fan (gas 1), the meat is ready when it is tender, it should pull away easily when pierced with a skewer.

Remove from the oven, put onto a clean tray and keep warm by covering with a sheet of foil.

Pass the roasting juices through a fine strainer into a clean saucepan & bring to a simmer, skim away any fat that rises to the surface & reduce a little.

Pour over the pulled meat & serve.

serving suggestions

Serve with steamed Bao buns, pickles & hot sauce.

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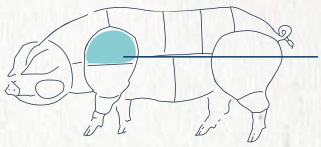

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