



ROASTING GUIDELINES – PORK JOINTS

Please note that the following information should be treated as a rough guide. All ovens vary.

Always pre-heat your oven to the required temperature.

All joints should be cooked for the first 20 – 30 minutes at a higher temperature; 230 °C / 450 °F / Gas Mark 8, then lowered to the temperatures detailed below. For fan assisted ovens you need to reduce the temperature by the equivalent of up to 20 °C.

COOKING:

Roasting Temperature:	Joint:	Cooking Time:
180 °C to 190 °C 350 °F to 375 °F Gas Mark 5	Leg or Loin	30 minutes per lb (454g) + 30 minutes
E.g. 4 lb Joint (1.8 – 2 kg)		2 hours 30 minutes

180 °C to 190 °C 350 °F to 375 °F Gas Mark 5	Shoulder or Belly	45 minutes per lb (454g)
E.g. 4 lb Joint (1.8 – 2 kg)		3 hours

NOTES:

- Crackling:** Always roast with the fat and skin uppermost (having rubbed a little salt in). Do not baste if you like your crackling!
- Is it ready?** Skewer your meat or insert a sharp knife into the thickest part and make sure the juices are running clear.
- Rest:** Allow the joint or to stand for 20 to 30 minutes after removing it from the oven, and before carving.