



## Roast Meats. Page 2

### Pork

Place about 1 kilo of pork (rolled boned leg) on a grid over a cooking dish containing 250 mls of water. If the meat has the rind on, dry this well with kitchen paper and place this side upwards after scoring well.

Cook at the top of the oven at mark 7 for an hour then transfer to the middle when the potatoes go in

Cook for a further hour, then transfer to a plate in a warm position until the potatoes are ready.

Transfer the liquid to a pan, Add two Bovril cubes, a Knorr Pork stock cube, and bring to the boil. Cool in water and transfer to the fridge to allow the fat to set. Remove the fat, and make up the liquid to a pint with water.

Add one level table spoon of Juvela flour mix, and bring to the boil whisking until the flour has been absorbed. Set aside and re-heat when the dinner is ready

Serve with apple sauce(qv) and sage & onion stuffing (qv)

Vegetables Garden peas and others of your choice



This recipe has been brought to you by The Cream Of Tartar Company Limited

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