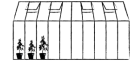


# Slow Cooked Roast Pork



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AWAKINO STATION

One of the great things about living on-farm is the array of meats we get to process and cook with. And one of the most useful of animals is the house pig. These animals are always happy for any leftover scraps flung in their direction, making them an integral part of the farming and household system. They then provide us with delicious farm-fresh pork that I am always grateful for and love to cook with.

This recipe for slow-cooked pork really enhances those sweet flavours; the pork stays beautifully tender and juicy, and you can infuse the milk with a variety of different flavours to suit your cuisine.

I generally use a roast pork, but it is a great way to cook pork belly as well.

## Ingredients:

- Pork roast
- 3 cups milk
- To infuse the milk - a handful of sage leaves, 2 star anise, or 6 garlic cloves

## Method:

1. Preheat the oven to 130°C.
2. Pat your pork dry and place it in a roasting tray with high sides. Try to keep the roasting tray as small as possible to use less milk.
3. Pour milk around the pork, covering as much meat as possible (approx 3 cups). This is when you can infuse your milk by adding the sage leaves, star anise for an Asian-inspired dish, or the garlic cloves.
4. Drizzle the skin with oil and season well with salt and pepper. Place in the oven and slow roast for 3 hours. Then change to a grill setting to crisp up the crackling before slicing and serving.