

*Churston Traditional*

# **FARM SHOP**

*Where you'll find the West Country's finest food and drink...*

## CHURSTON FARM SHOP RECIPES OCTOBER 2019

October was traditionally a busy month in country households because it was pig-killing time. Animals which in many vases would have been finished off on windfall apples in the orchard would be sent off to the abattoir and returned to be transformed into a valuable food source to see the family at least some of the family through the winter.

And this was when the old saying that you can eat the whole of the pig apart from the grunt really originated. There would be fresh cuts, of course, but the real skill lay in preserving as much of the animal as possible.

Hams would be brined, bacon joints salted and hung up the chimney to smoke, chitterlings cleaned and boiled, pork pies and hog's puddings made with the trim, black pudding with the blood and fat while the head was turned into brawn and preserved under a layer of fat in jars.

So with winter just round the corner and heartier meals on the menu, what better time than now to celebrate what pork still has to offer?

### HERBED ROLLED BELLY PORK WITH CIDER SAUCE

Ingredients for four to six. One piece of belly pork roughly 12 inches long, tablespoon sea salt, four garlic cloves, crushed, two tablespoons each freshly chopped sage, rosemary, oregano and thyme, two tablespoons olive oil, 20 grindings black pepper, two large onions, 599ml strong or vintage cider (genuine farmhouse, if available), about a cupful of vegetable stock made with a capsule.

Method. Using a sharp knife remove any bones from the belly pork and trim any excess, dense fat from the underside. Using your sharpest knife (or a craft knife) score the skin carefully, taking care not to cut too deep. Mix together the garlic, herbs and black pepper in a bowl then spread evenly over the underside of the pork. Roll the meat up and secure with skewers while you tie it off with fine string every two inches. Rub the skin with a little olive oil then sprinkle generously with sea salt. Halve the onions, place cut side down in a roasting pan, place the pork on top and roast in an oven preheated to 190C gas mark 5 for 30 minutes. Reduce the heat to 180C gas mark 4 and cook for a further three hours, placing a piece of foil over the top if the crackling shows signs of burning. Remove to a warmed serving dish and allow to rest for 30 minutes. Meanwhile pour the cider and vegetable stock into a pan and reduce by half over a high heat. Deglaze the roasting pan with the reduced liquid, mashing the roasted onions well, then strain back into the saucepan. Check seasoning and serve with the pork.

### MUSTARD-ROASTED PORK LOIN

Ingredients for four. 1.6kg piece of pork loin, tablespoon each olive oil and coarse sea salt, two tablespoons wholegrain mustard, 150ml vegetable stock made with a capsule, two teaspoons Dijon mustard, three tablespoons double cream. To accompany: potatoes sautéed in goose fat.

Method. Score the skin of the joint and rub with oil and salt. Place in an oven preheated to 220C gas mark 7 for 20 minutes, until the skin begins to blister. Reduce the heat to 190C gas mark 5 and continue cooking for another hour and a quarter or until cooked through. Spread the wholegrain mustard over the top and continue cooking for 15 minutes more. Remove from roasting pan and leave to rest on a serving dish loosely covered with foil. For the sauce, pour off the excess fat from the pan and deglaze with the stock. Stir in the Dijon mustard and cream, bring up to bubbling point, pour over the pork and serve.

### CONFIT OF BELLY PORK WITH PUY LENTILS

Ingredients for four. Piece of belly pork weighing about 900g, tablespoon sea salt, tablespoon fresh chopped herbs (thyme, rosemary and sage), 450g lard. For the lentils: 250g Puy lentils, one carrot, one medium onion and one stick of celery, all cut into chunks, small bunch of fresh thyme, salt.

Method. Get the butcher to score the pork. Mix together the salt and herbs and work well into the skin. Place, skin side up, in a close-fitting roasting pan or oven-proof dish, cover, and refrigerate for two hours. Heat the oven to 180C gas mark 4. Cut up the lard and place around the pork, cover the pan or dish tightly with foil and cook for half an hour. Reduce the heat after half an hour to 150C gas mark 2 and cook for a further four hours. Reserve the fat. Remove the pork and press between two plates with a large weight on top until cool, and preferably overnight. To finish, melt enough of the fat in a small frying pan to give a half-inch depth, cut the pork into two-inch squares and when the fat starts to smoke fry, skin side down at first, then on all sides until nicely browned. Place the lentils, vegetables and thyme in a deep pan with double their depth of water, bring to the boil, reduce to a simmer and cook gently for 20-25 minutes until al dente. Add half a teaspoon of salt towards the end of cooking time. Drain and serve.

**Churston Farm Shop Dartmouth Rd, Brixham TQ5 0LL**