

## JO's Roast Pork Loin

This recipe is courtesy of Jamie Oliver, transcribed from his *Jamie's Kitchen*, quantities adjusted for four people. (Any more hungry Horaces, and I don't know where to find a roasting pan large enough!)

### Planning

serves:	4
prep time:	30 mins
cooking time:	1½ hrs

### Ingredients

½ pork loin, rib end  
4 large parsnips, peeled and halved lengthways  
4 red onions, peeled  
4 eating apples  
1 large handful fresh sage leaves  
1 tsp ground allspice  
½ tsp grated nutmeg  
2 cloves garlic, peeled  
zest of 1 orange  
100g butter, softened  
salt & pepper

### Method

Preheat the oven to 220°C/425°F/gas 7.

Parboil the parsnips and onions in salted water for about 5 minutes, then drain. Remove the pork skin leaving about ½cm fat on the pork loin. If not already scored (as it should be), score the pork skin about 1cm apart. Season well with salt and pepper and place it on a tray in the oven to go crisp (it should take about 15 - 20 mins). Remove and reserve (I think this is best not reheated since that seemed to make it soften a little).

In a food processor (or pestle and mortar, if you are a masochist), smash the sage leaves, allspice, nutmeg, garlic and orange zest together with a good pinch of salt and pepper. Mix this combination into the softened butter. Cut the skin of each apple around its equator (to stop them bursting when they cook). Remove the apple cores with a peeler without piercing right through the apples. Pack each apple full of flavoured butter.

Over medium high heat, brown the pork loin all over in the roasting pan you intend to use. This will give you some good roasting fat but if there is too much, drain some out. Remove the pork loin and smear the remaining flavoured butter all over the fat side. Toss the parsnips and onions into the roasting pan and turn them in the fat. Add the apples, butter side down and put the pork loin back on top, fat side uppermost. Roast in the oven for 30 minutes. Take the pan from the oven and set the pork aside while you carefully toss the parsnips and onions in the pan juices once more (trying not to disrupt the apples). Reduce the oven to 280°C/350°F/gas 4, place the pork back on top of the pan and return it to the oven for about 40 minutes (check that the pork is cooked). Allow the pork to rest for 5 minutes before slicing. Turn the oven off but keep the veggies warm in the oven until ready to serve.