



Recipes created for the Afternoon Show on BBC Radio Oxford 95.2FM

Crown Roast of Pork with Baby Vegetables

Ingredients

1 rack of ribs of pork (16 or two with 8) with chine bone removed, ask your butcher to do this for you. I have used a rack of ribs from Coopers Oxford Pork, from one of their tasty Oxford Sandy and Black pigs.

Marinade

30ml/2 tablespoons clear runny honey
30ml/2 Tablespoons of fresh sage
30ml/2 Tablespoons of Vietnamese corriander
1 clove if garlic - crushed
115 ml/8 tablespoons of rapeseed oil
Salt and Pepper

Vegetables

12 carrots with tops
12 baby turnips
12 small potatoes – reds, new or your preference
12 Baby beetroot
12 Baby onions
Or use any other baby vegetables of your choice.

Cold Pressed Rapeseed oil for cooking



Method

The process of joining the meat together to create the crown will need cooking string and a meat needle. Bring the two ends of the rack together and using the meat needle join the two end together through the meat. Also tie the joint around the out side with a loop of string ensuring that the joint holds together. Roughly chop the sage and corriander. Mix the ingredients of the marinade in a bowl and brush onto the pork, leave to stand for an hour or longer in the fridge.

Pre-heat the oven 350F/180C, line a roasting tin with foil.

Boil the vegetables for no more than 5-6 minutes. Remove, drain and put to one side.

Place the meat in the roasting tin and place in the oven for 1 hour. To test to see if it is cooked use a thermometer by putting the probe into the thickest part of the meat, the temperature should be 75C/170F.

If the meat is at temperature add the vegetables to the roasting tin and leave in the oven for a further 10 – 15 minutes.

Remove the meat and vegetables and place the meat on a serving dish and fill the centre with the vegetables and the rest around the joint, cover with foil and leave to rest for a few minutes. Use this time to make some gravy using the juices from the roasting tin and water from the cooked vegetables.

Serve by slicing down between the bones and arranging the chops on plates with the vegetables.

Other information

Serves 8

Preparation time – 1 hour

Cooking time – 1 hour 15 minutes