



Roasted Blythburgh Pork Leg with Apple Gravy

Ingredients

- 1 ¼ boneless Blythburgh pork leg roasting joint
- 2 tbsp chopped parsley
- 2 tbsp chopped thyme, plus a few extra sprigs
- 1 tsp chopped sage
- 4 good sprays of oil
- 3 carrots, halved lengthways, then cut across
- 6 small potatoes (500g) halved
- 2 red onions, cut into wedges
- 12 garlic cloves

For the Gravy

- 2 tbsp cornflour
- 600ml reduced-salt chicken stock
- 1 small Bramley apple diced

Savoy cabbage to serve

Method

Heat oven to 180c/160c fan/gas 4. Rub the pork with the salt and herbs

Spray a large roasting tin with oil and put the pork in the centre. Surround with all the vegetables, scatter with the thyme sprigs, then spray again and cover with foil. Roast for 1 hour then turn the heat up to 220c/200c fan/gas 7. Uncover, spray again and roast for 20 mins more. Meanwhile make the gravy. Mix the cornflour with a little water to make a wet paste, heat the stock in a pan, stir in the cornflour mixture and cook, stirring until thickened. Add the apple and cook for 5 mins until its softened but still holds its shape.

Remove the meat from the tin and pour any juices from the tin into the gravy. Spray the vegetables with oil and roast for 20 mins more (while the meat rests) to brown them. Serve the pork with the roasted and fresh vegetables, and then apple gravy.