

## View from the Fridge – Recipes from Brian Donkin

### **Recipe # 8 – Roast shank of pork with roast gravy and apple sauce accompanied by roast potatoes and French beans**

***Preparation time: 15 minutes - Cooking time: 2 Hours***

***The cost of the port should cost no more than £2.00***

#### **Ingredients**

1 shank of pork  
apple sauce (see apple sauce recipe)  
¾ lb fine french beans  
15 small new potatoes  
1 tablespoon of flour  
salt and pepper  
1 pint of meat stock (see meat stock recipe)

#### **Method:**

##### Pork

1. Score pork rind in criss-cross fashion with sharp knife. Rub in salt and pepper. Place in pre-heated oven (190c). Roast for 2 hours, turning after 1 hour.
2. Remove pork from pan and rest for 10 minutes.
3. To make gravy, stir flour in pan with the pork juices. Add the meat stock and reduce by half. Pass through strainer into gravy boat.
4. Remove crackling and chop up. Carve pork, running down full length of centre bone.

##### Roast potatoes

1. To make barrel-shaped potatoes first top and tail potatoes. Holding potato between thumb and fore finger, using sharp knife, turn each potato 6 times (see picture)
2. Put potatoes in pan with knob of butter and salt and pepper on hot heat for a few minutes. When browned all over, put potatoes in pork tray for the last 30 minutes of roasting.
3. Remove at the same time as pork.

##### Fine French beans

1. Top, tail and de-string beans.
2. Put in pot of salted boiling water with ¼ teaspoon of bicarbonate of soda. Bring to boil, cook for 2 minutes and strain.

#### **Serves Three**

See next page for picture.../

