

Roast loin of pork with fennel and mash

Mums: Main Meals

Preparation Time: 15 Minutes Cooking Time: 1 hour and 10 Minutes Serves: 2 -3 adult portions

What you need

- 1/2 rolled loin of pork, off the bone (800g / 2lb)
- 2 tsp chopped fresh rosemary
- 1 tsp fennel seeds
- 4 cloves garlic, roughly chopped
- 1 tbsp sea salt plus extra for the crackling
- 2 tbsp olive oil
- 400 / 1lb boiling potatoes
- 100ml / 4fl oz double cream
- 50g / 2oz unsalted butter

What to do

- Preheat oven to 220°C, 425°F, Gas 7.
- Dab the outside of the pork loin with kitchen paper until it is as dry as possible.
- Place the rosemary, fennel seed, garlic and salt in a pestle and mortar and grind until it forms a rough paste.
- Mix with the olive oil, then, using the end of a wooden spoon, push the paste inside the rolled loin from either end.
- With a sharp knife, score the skin of the meat in rings around its girth, and rub well with extra sea salt.
- Place in a baking tin and roast for 30 minutes, then reduce the heat to 200°C, 400°F, Gas 6 and cook for a further 40 minutes, or until cooked through. Remove from the oven and allow to rest.
- Meanwhile, boil the potatoes until soft, then mash roughly with the cream and butter and season.
- Serve the pork in slices at room temperature, with the juices from the tray poured over the mash alongside.