The Perfect Sunday Roast

Having always believed a Sunday Roast is the easiest (and best) meal possible to make, I thought I'd better make sure my customers are getting maximum potential from my product. The following instructions guarantee a perfect joint of pork with lovely crunchy crackling every time.

Firstly, when you buy the joint make sure it is well scored. (Anna's always are!)

1. Preheat oven to 245℃ (Fan 230℃). Bring pork to room temperature prior to cooking. Thoroughly dry the skin then sprinkle generously all over with salt. Make sure skin is uppermost and put in oven for 30 minutes.
2. Turn temperature down to 190℃ (Fan 175℃) and cook for 30 mins per pound.
3. When cooking time finished remove from oven and leave to rest before carving.

TIP: Don't put oil anywhere near the crackling, it is not needed. The blast of heat at the beginning is what makes the crackling crisp, so make sure oven is well preheated.