

Rack of Pork in Ale, Stout & Honey



Serves 4 Prep 10 mins + 6h marinating Cooking 1h 40 mins Easy

Ingredients

For the pork

1x 4 bone rack of pork weighing approx 1kg, French trimmed & tied with string
1 tbsp vegetable oil
300ml (1/2 pint) of light ale
100g clear honey

For the marinade

2 medium onions, peeled & each cut into wedges
150ml of stout
3 sprigs each of thyme, rosemary, oregano & parsley
1/2 tsp ground mace
1/4 tsp ground turmeric
3 whole cloves
sea salt
6 black peppercorns, lightly crushed

1. Toss the marinade ingredients in a large bowl to combine. Using a sharp knife, score the skin side of the joint, then place in a strong plastic bag. Pour in the marinade and onions. Seal the bag and leave the pork to marinate in the fridge for about 8-12 hours. Once in a while, give the bag a shake to coat the pork.
2. Preheat the oven to 180C/ fan 160C/Gas 4. Heat the oil in a large roasting tray. Remove the pork from the marinade and fry for a couple of minutes until the meat is golden brown and sealed. Remove the pork from the tray, pour in the light ale. Next add the marinade along with the onions and sit the pork on top. Sprinkle plenty of salt into the skin and roast for an hour and 30 mins.
3. Ten minutes before the end of cooking time, warm the honey and drizzle this over the pork. Return to the oven and cook until the meat is tender and juices run clear. Allow the meat to rest, covered in foil before untying and carving between each bone. Serve with softened onions and strained pan juices.