

Slow Roasted shoulder of 'Truly Irish' free range pork

Ingredients

1 free range pork shoulder

300g green beans

20mls OHCo. Organic Herb Co. Irish Garden Herb oil

1kg of roosters

1 bunch spring onions

Chopped parsley

100g butter

100g cream

Pork Marinade Ingredients

10 sprigs of thyme picked & chopped fine

10 sprigs of rosemary picked & chopped fine

2 teaspoons of Tabasco

100 ml of cognac

100 ml of port

Salt to season

3 pinches of nutmeg

2 tablespoons of smoked paprika

3 tablespoons of Worcestershire sauce

Directions

Mix the marinade in a bowl & rub over the meat.

Tie the shoulder of pork with butcher's string, not too tight! Season the outside with the marinade.

Sear them all around until golden in a hot pan, place in roasting tray. Cook in the oven at 180 degrees for 1 hour 45 minutes to 2 hours until tender.

To make the champ mash, peel the potatoes & cover with cold water, boil until soft, strain & mash.

Finely chop the spring onion & parsley.

Sauté the spring onion in the butter until soft, add the mash potatoes, cream & parsley.

Season with Atlantic sea salt and OHCo. cracked black pepper.