

Pork Roulade

500 grams of pork shoulder
1 clove of garlic, minced
6 leaves of sage, chopped
½ teaspoon fennel seeds ground
15 grams of parmesan
1 tablespoon freshly chopped parsley
pepper
salt
mace, ground
½ small onion
1 small carrot
½ stick of celery
olive oil

With the shoulder laying flat on a board, make a cut with a sharp knife about one third from the bottom from right to left and stop a few centimetres before you reach the end. Make another cut about a third from the top but now from left to right and stop again a few centimetres before reaching the right. You should be able to fold out the pork. Or, at the moment of buying the pork, just tell the butcher you want to make a roulade out of it and ask her or him to do it for you. They usually are way better at it than I am.

Mix the garlic, sage, parsley, parmesan, fennel, mace and black pepper (except for the salt) in a bowl.

First rub some salt in the meat. How much is very much a question of taste. We tend to eat far too much salt so don't overdo it. I would suggest 5 grams or less. Now put the parmesan mixture on the meat. Roll it back and tie with butcher's twine. Since I am no butcher, it won't look pretty, but as I remove the twine before serving I do not really care. If you have time let the meat rest for awhile.

Preheat the oven to 150 °C

Finely chop the onion, carrot and celery and mix. In a roasting pan heat some olive oil and at low temperature let the onion mix sweat a while best would be about fifteen minutes. It should hardly colour, just sweat and smell good. Then add the pork roulade carefully, bake on all sides and then place in the oven, covered. Bake it for about 45 minutes and check for an internal temperature of about 70 °C, if not yet at that stage, lower the temperature to 115 °C, bake for another hour.

Let it rest for about 10 minutes, remove the twine and cut in slices. Served with oven baked potatoes and some roasted vegetables.