

# ROAST LOIN OF PORK WITH BLACK PUDDING, MANGO & ROSEMARY STUFFING

**Feeds:** Allow 100-175g (4-6oz) raw meat per person for boneless joints and 225-350g (8-12oz) for bone-in joints

**Time to cook:** Medium – 30 mins per 450g/½kg (1lb) plus 30 mins  
Well done – 35 mins per 450g/½kg (1lb) plus 35 mins

**Oven temperature:** Gas mark 4-5, 180°C, 350°F

## Take

Lean pork loin or leg joint  
Oil  
Salt

### For the Stuffing:

Sausage meat  
Black pudding  
Fresh breadcrumbs  
Onion  
Fresh mango  
Mango chutney  
Fresh rosemary



## Make

For the stuffing mix together **450g (1lb) good quality sausage meat or skinned sausages**, chopped, **50g (2oz) black pudding**, chopped, **50g (2oz) fresh breadcrumbs**, **1 onion**, chopped, **1 fresh mango**, peeled and roughly chopped, and **15ml (1tbsp) mango chutney**. Season and add **15ml (1tbsp) fresh rosemary**, roughly chopped, and mix well.

Take a **lean pork loin or leg joint**, make a deep insert into the fattiest part of the joint (this should be just above the lean round muscle), and stuff with the stuffing. Make the remaining mixture into large stuffing balls and bake around the joint. Weigh the joint and calculate the cooking time. For crackling dry the rind, deeply score the rind and rub with **15ml (1tbsp) oil** and **15ml (1tbsp) salt**. Place on a rack in a roasting tin and open roast in a preheated oven for calculated cooking time.

## Eat

Serve the pork with roasted squash or pumpkin, parsnips, mini roasted potatoes and steamed broccoli.

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