

ROAST LOIN OF PORK WITH PLUM, PORT AND BLUEBERRY COMPOTE

Feeds: Allow 100-175g (4-6oz) of raw meat per person for boneless joints and 225-350g (8-12oz) for bone-in joints
Time to cook: Medium - 30 minutes per 450g/½kg (1lb) plus 30 minutes
Oven temperature: Gas Mark 4-5, 180°C, 350°F

Take....

Lean pork loin or leg joint	For the Plum, Port & Blueberry Compote:
Oil	
Salt	Oil
	Red onions
For the Stuffing:	Fresh plums
	Soft brown sugar
Pork sausage meat	Blueberry juice (or similar dark juice, eg,
Black pudding	cranberry)
Fresh breadcrumbs	Port
Fresh plums	Blueberries (fresh or dried)
Blueberries (fresh or dried)	Ground allspice



Make....

Take a **lean pork loin or leg joint** and calculate the cooking time. For crackling dry the rind, score and rub with **15ml (1tbsp) oil** and **5ml (1tsp) sea salt**. Place on a rack in a roasting tin and open roast in a preheated oven for calculated cooking time.

For the Stuffing: Mix together **450g (1lb) pork sausage meat, 50g (2oz) black pudding**, chopped, **100g (4oz) fresh breadcrumbs, 3 plums**, stoned and chopped, and **25g (1oz) blueberries**. Shape into 15-20 balls and cook alongside the pork for 20-25 minutes until cooked through. (These make great snacks or canapés, just make into smaller balls.)

For the Plum, Port & Blueberry Compote : Heat **15ml (1tbsp) oil** in a heavy based pan, add **1 red onion**, peeled and finely sliced, and cook slowly for 8-10 minutes until softened and browned. Add **3 plums**, quartered, **30ml (2tbsp) soft brown sugar, 75ml (5tbsp) blueberry juice, 60ml (4tbsp) port, 25g (1oz) fresh or dried blueberries** and **pinch ground allspice**. Stir well.

Cover the pan and cook on a reduced heat until liquid has reduced slightly and fruit soft, approx 10 minutes. Remove lid for further 5 minutes if too saucy.

Serve the compote hot or cold.

Eat.....

Serve the pork with the stuffing balls, bacon rolls, chipolata sausages and all your favourite roasty accompaniments, plus plenty of seasonal vegetables.