



Yesterday I popped to the supermarket to see if I could find meal inspirations. Sue's not being feeling very well for a while and we'd both got to the 'I don't know' stage regarding what to cook next. £2.97 for a whole Pork shoulder. That'll be inspiration for a few meals - right there?..

Slow roast Pork in a large Gluten free Yorkshire Pudding, with Hasselback Spuds, Tender Stem Broccoli, Corn on the Cob and Red Wine Gravy.

This is more of a method than a recipe.

Method:-

- (1) Oil the outside of the shoulder and season well on all sides with Salt & Pepper.
- (2) Cook at 180c uncovered for 30 minutes.
- (3) Reduce the heat to 160c, cover with foil and cook slowly for a further 5 hours.

You won't get crackling using this method, but you will get outstandingly tender Pork?.