

# Slow-Roasted Pork

Oh, this is so yummy. I was never a big pork fan before (and I still can't stand the smell or taste of ham, for some reason) but this is delicious and so, so easy.

## Ingredients:

- 1 pork roast, shoulder or leg (I prefer shoulder). You want at least 4 pounds, but the recipe will work for anything bigger.
- garlic and spices—minced garlic, rosemary, sage, a little mustard powder, salt and pepper. (If there are other spices you like better you can of course substitute those. I know a lot of people like chilis and stuff on this, but I don't care for spicy.)
- Olive oil
- Red wine vinegar

Heat the oven to 200C/400F.

Place the roast in a roasting tin (on a rack, if you like). Press garlic into the scores on the skin and rub the skin and meat with the other spices and more garlic (you'll probably use a tbsp or so of garlic altogether, depending on the size).

Rub a little oil on, too. Pork has plenty of fat but this will be cooking for a long time. Pour a little vinegar over. It helps the skin crisp up and adds a little flavor.

Roast at 200C/400F for thirty minutes. Then turn the heat down to 110C/230F, and cook for...at least eight-ten hours, depending on the size of the roast, but 24 hours is best.

Every once in a while turn it, or add a little more oil or vinegar (but no vinegar within the last few hours, unless you really want it to taste vinegar-y).

At 20-24 hours, the meat will fall apart—you can pull it with your fingers, and it's amazingly juicy and delicious. Really. This is one of my favorite things to cook simply because it's such a huge reward for such little work.