

## How to cook your roast pork

### Roast with crackling

To cook the crispiest crackling, there are three things you need: oil, salt and heat.

- Preheat oven to 220°C.
- Pat the surface of the rind dry with paper towel.
- Use a small sharp knife to score the rind finely. Your butcher can also do this for you.
- Rub a little oil and salt well into the scored rind.
- Cook for 20 minutes at 220°C (this will begin the crackling process), then turn down to 180°C and cook for 45 minutes per kg.
- Rest for 5-10 minutes and enjoy!

### Roast without crackling

- Pre-heat oven to 180°C.
- Gently sear roast in a hot pan until sealed.
- Place in oven and cook for 45 minutes per kg.
- Rest for 5-10 minutes and enjoy!

Remember, pork is at its juicy best when cooked to just white.



## What size roast should you choose?

Use this simple table as a guide.

Bone-in roast	250g per person	6 people = 1.5 - 1.8kg roast
Boneless roast	200g per person	6 people = 1.2 - 1.5kg roast

## Try succulent pork steaks this summer

Why not try juicy pork steaks this season for a fresh take on your summer BBQ.

### How to barbeque pork

- Choose a boneless pork steak about 2cm thick. A good choice is the loin medallion, porterhouse or scotch steak.
- Pre-heat the grill or BBQ plate just like you would for any other steak.
- Cook on one side for 6 minutes.
- Turn once and cook for 2 more minutes.
- Remove from the heat and allow to rest for two minutes before serving. This allows the juices to settle so it's nice and tender.



For a little extra flavour, try these two quick and easy marinades.

### Fragrant Asian marinade

¼ cup soy sauce  
2 tsp sesame oil  
1 clove garlic, crushed  
2 tbsp lime juice  
1 tsp fish sauce

### Spanish marinade

2 tbsp tomato paste  
1 tsp smoked paprika  
2 tbsp olive oil  
½ cup red wine (optional)

For more great steak marinade recipes, visit [pork.com.au](http://pork.com.au)

# A guide to roast pork and ham this Christmas.



## Glazing your ham

- Prepare your favourite glaze recipe, or try one of the ideas below.
- Remove the rind and use a sharp knife to score the ham in a diamond pattern.
- Place the ham, scored side up, in a large baking pan and brush over glaze.
- Place into a pre-heated oven or hooded BBQ at 180°C for 20 minutes per kg, basting occasionally until the ham is brown and warmed through.

### Glaze suggestion 1

350ml jar salted caramel sauce, warmed.

Bake ham with 4 x 300ml bottles of apple or pear cider and 2 cracked cinnamon sticks in the base of the pan. Serve with roasted hazelnuts sprinkled over the ham.

### Glaze suggestion 2

½ cup brown sugar  
1 cup BBQ sauce

2 tbsp seeded mustard



For more glaze ideas, go to [pork.com.au](http://pork.com.au)



## Carving your bone-in leg ham

Note: already glazed your ham? Skip Step 1.



### Step 1

Place ham skin side up. Then run a small sharp knife under the rind around the bottom (opposite end to hock) and each side of the ham to about halfway up. Peel the rind back.



### Step 2

Run the tip of the knife around the bone, on the underside of the ham. Begin to slice on a slight angle down to the bone.



### Step 3

Run your knife lengthways along the bone to remove slices. Continue to slice towards the hock.



### Step 4

Continue slicing down to the bone, working your way around the ham until you reach about a third of the way up. Remove the bone by making a few short cuts at the joint.



### Step 5

To keep your ham fresh, fold rind back over exposed surface, place in a Ham Bag, pillowcase or wrap in a tea towel. Store in the fridge.

## Storing your ham

- Soak a ham bag, pillowcase or tea towel in a solution of 2 cups of water and 1 tablespoon of vinegar.
- Squeeze out excess moisture and place the ham in the bag, pillowcase or wrap in a tea towel. Store in the coolest part of the fridge (below 4°C).
- Rinse and re-soak the bag in a new solution every few days or when it dries out. Fresh Australian leg ham should last for up to 3 weeks.



## Your Christmas ham – how to know it's Australian

To be sure you're buying Australian ham this Christmas, look for the distinctive pink Australian PorkMark (pictured above), the Product of Australia claim or buy a bone-in ham.

## What size Christmas ham should you choose?

Use this simple table as a guide.

Bone-in ham	250g per person	6 people = 1.5 - 1.8kg ham
Boneless ham	200g per person	6 people = 1.2 - 1.5kg ham

For delicious ideas on how to use your left over ham, visit [pork.com.au](http://pork.com.au)