



CHRISTMAS ROAST BANGALOW SWEET PORK LOIN WITH APPLE AND PRUNE STUFFING AND CRACKLING

SERVES 10-12

Cooking time 1 hour 45 minutes

(Stuff the pork the day before and let the skin dry out overnight in the refrigerator)

1 × 5kg Bangalow rolled sweet pork loin
(ask the butcher to score the skin for the crackling)
250g pitted prunes
1-2 pink lady apples
1 small bunch fresh thyme
375ml Pedro Ximenez sherry
Sea salt (for seasoning and crackling)
Freshly ground pepper
Olive oil

BY SARAH ARNOLD | SMILE DENTAL

A CRACKLING CHRISTMAS

ONE OF LIFE'S PLEASURES IS THE SATISFYING CRUNCH OF PORK CRACKLING AT CHRISTMAS...

At Smile Dental, we love to eat! We pluck delicious veggies straight from our garden, bake fresh bread daily and take special joy in swapping recipes and sharing tasty treats.

But we don't just do this because we love food, or because we want to see you smile. We do it because of the symbiotic relationship between what you eat, your health and your smile.

The link between general health and oral health has been well established. We know that a well-balanced diet and lifestyle will keep you smiling for life.

And when you're healthy you can live life to the full. You can celebrate Christmas without guilt or discomfort: Enjoy candy canes and caramel toffee; delight in hot and cold foods and drinks, and share our delicious pork roast with your family.

'Tis the season after all...

Sarah Arnold is the practice and marketing manager of Smile Dental and a passionate cook. smiledental.com.au

Stuffing. Place the prunes and Pedro Ximenez sherry in a saucepan and bring to the boil, turn the heat off and allow to soak and cool for 30 minutes. Drain the prunes (reserve liquid for jus) and roughly chop and mix along with the apple (also peeled and chopped into 1cm cubes), thyme leaves and salt and pepper.

Lay the meat skin-side-down on the bench and form a log of the cool stuffing along the centre of the pork. Then tightly roll to enclose the stuffing and tie with butchers' twine at 3-4cm intervals.

Preheat the oven to 220C. Rub pork with olive oil and cover generously with sea salt flakes massaging into the skin. Place your loin in a baking dish in the middle of the oven and bake for 30 minutes at 220C, and then turn the oven down to 180C for 60 minutes. Increase the heat to 230C for the final 15 minutes or so until the crackling is crisp and the meat is cooked (juices run clear when a skewer is inserted).

To finish crackling the skin, you may need to use the grill element – roll each side in sections for a minute or so under the heat to get even results. Rest for 15-20 minutes before carving. Use the pan juices deglazed with the reserved Pedro Ximenez to make a jus.

Serve with roast goose fat potatoes, poached pears, glazed carrots and baby asparagus.