



quality pork cuts  
from Cookstown



lovingly  
prepared by  
our chefs



for recipes you  
can enjoy and  
try at home!



# roast loin of pork

with carrots, onion,  
leeks and fresh sage

## ingredients

Cookstown loin of pork (approx 1.2kg)  
2 medium onions (cut into wedges)  
2 crushed garlic cloves  
175ml of white wine  
Salt and pepper  
Chicken stock

## serving suggestion

15g of fresh sage  
2 carrots (roughly chopped)  
2 leeks (roughly chopped)

## let's cook...

1. Score the fat of the loin in a diamond pattern and rub with salt and pepper.
2. Place the loin of pork on the fresh sage and garlic in a roasting tray and surround with the chopped vegetables and drizzle with a little oil.
3. Place into the centre of the oven and roast for 15 minutes.
4. Remove the pork from the oven after 15 minutes. Pour into the roasting pan the white wine and enough chicken stock to cover the base of the roasting dish about 1 cm deep. Place back into the oven and continue to cook for the remainder of the calculated time. Keep checking that the liquid does not evaporate – top up with more chicken stock as necessary.

## time to dish up...

Remove from the oven after cooking time and allow to rest for 15 to 30 minutes before carving.

←  
serves 4

