



CHARDONS

SUNDAY - MAIN COURSE

Pork Roast/Nut Roast

Serves: 10 persons/5 persons



Regular



Vegetarian



Cauliflower Cheese



Vegetables



Recipe Ingredients

Meat

1 Shoulder of pork, average 2.5-3kg
 2tbsp Chicken stock
 Mixed dry herbs

Gravy

Juices from the roasting tray Not suitable for **V/VG**(see page 3)

300ml Wine and water - equal amounts
 1tbsp Beef or Vegetable stock
 Splash of gravy browning **V/VG** (see page 3)
 Pepper for seasoning

Potatoes

10 Large potatoes (1 per person)
 Duck fat or vegetable oil
 1tbsp Frozen garlic
 Mixed herbs, salt and pepper for seasoning

Stuffing

Not suitable for **V/VG** * (see page 3)

0.5kg Bacon lardons
 1 small tin Chopped tomatoes
 100ml Red wine
 1tbsp Lemon juice
 100g Frozen onion
 1tsp Frozen garlic
 1tsp Mixed herbs
 0.33kg Breadcrumbs

Cauliflower Cheese and Vegetables

1kg Frozen cauliflower
 120g Butter Not suitable for **LF/VG** (see page 3)
 100g Flour
 1L Milk Not suitable for **LF/VG**(see page 3)
 100g Grated Emmental cheese for sauce
Not suitable for **LF/VG** (see page 3)



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100g	Grated Emmental cheese for the topping	Not suitable VG/LF
10 medium	Carrots (1 per person)	
0.5kg	Frozen peas	
Nut roast		
100g	Frozen onions	
1tsp	Frozen garlic	
1 large	Carrot, peeled	
1	Courgette	
300g	Hazelnuts (or walnuts)	
1	Egg	Not suitable for VG (see page 3)
100g	Bread crumbs	

CHEF'S TIPS

- ★ Pork **must** be in by 10am and turned off by 11am for slow cooking this particular joint.
- ★ If there is time in the morning, peel the potatoes and carrots to save time in the evening.
- ★ The juices in the roasting pan should be reserved to make the gravy.
- ★ The stuffing can be made in a double batch and frozen for the next week.
- ★ Nut roast can be made in batches, individually wrapped and frozen for the next week.
- ★ Leftover pork can be used for staff sandwiches the next day.
- ★ Keep an eye on the gravy jugs and refill if needed.
- ★ Use different serving implements for meat and vegetarian dishes.
- ★ Make sure guests have enough meat, stuffing and potatoes – offer extras.

9:00am

152. Place a colander filled with the cauliflower in a large glass bowl, and run hot water from the tap over it until defrosted. Drain properly and set aside.
153. Peel the potatoes, cut into quarters and wash in cold water thoroughly.
154. Place in a large saucepan, cover with water, add a pinch of salt and put on a high heat to boil for 25 minutes until soft.
155. Peel and cut the carrots in batons then boil on a high heat for 20 minutes.



9.45am

156. Put the pork on a roasting tray lined with baking paper and sprinkle mixed herbs over the top.
157. Cover the base of the tray with boiling water up to approximately half the height of the tray.
158. Raise the oven temperature to 220°C.
159. Sprinkle chicken stock into the water, cover the dish with tin foil and put in the oven to steam roast for 1 hour.
160. As the vegetables are cooked, drain them well in a colander. Place the potatoes in a large shallow oven tray, return the carrots and the peas to their pans and leave to cool.
161. Cover all the vegetable dishes with cling film and set aside.

10.20am

162. Start making the stuffing and cauliflower cheese.
163. Place the lardons in a small pan and fry them on a medium heat until cooked and golden. It should take 15-20 minutes, make sure to stir regularly. Discard the excess juice into the sink, running hot water from the tap at the same time to avoid the drains getting blocked.
164. In a medium sauce pan, melt the butter then add flour and mix with a whisk until combined.
165. Gradually add milk, whisking continuously to ensure the bottom of the pan does not burn.
166. Continue adding milk and cooking until it has a thick and smooth consistency.
167. When ready take off the heat, season with salt and pepper to taste, add cheese and mix well making sure the cheese is completely melted.
168. Add already defrosted cauliflower, mix well and transfer into an oval dish.
169. Sprinkle remaining cheese and leave on the side to cool down.
170. For **vegan** or **dairy free** guests save one portion of plain cauliflower and warm up in microwave before serving. *(see page 3)*
171. To make the stuffing, add all ingredients except the breadcrumbs into a food processor and blitz well. Put the wet ingredients in first.
172. Transfer into a large glass bowl, add breadcrumbs and mix well. It should become really thick.
173. Transfer into a small baking tray lined with cling film and pack it down tightly. Cover the top with the cling film as well and put to one side until later.



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10:45am

174. After 1 hour, remove the pork from the oven and take off the tin foil. Continue roasting for a further 15 minutes to get a nice brown colour on the joint.
175. Put the tin foil back on, turn off the oven and leave the pork in the oven until evening preparation. At this stage the pork will not be fully cooked just yet, but will continue cooking in the warm oven.
176. Combine French onion soup ingredients and ice the afternoon tea cake

Evening Preparation

5:00pm

177. Take the meat out of the cold oven and wrap the joint in cling film. It will still be warm from the morning.
178. Drain all liquid left in the roasting tray through a fine sieve into a saucepan for the gravy.
179. Add wine and water and bring to the boil on a high heat.
180. When boiling, add beef stock and whisk to dissolve.
181. Bring the soup to boil on a high heat then simmer on a low heat for about 2 hours.
182. Preheat the oven to 190°C and put stuffing in to roast, on the middle shelf for 45-50 minutes.

5.15pm

183. Make a nut roast.
184. Sweat the onions and garlic in a small saucepan on a medium heat.
185. In the meantime, grate a carrot and courgette and add to the onions.
186. Cook for a further 10 minutes, stirring continuously.
187. When cooked, transfer into a large mixing bowl and add chopped walnuts. Either chop by hand or use food processor with a knife attachment, but just make sure the nuts are still a little chunky.
188. Add 1 egg (unless there is a vegan guest) and breadcrumbs.
189. Season well and combine all ingredients together, adding more breadcrumbs if the consistency should be thicker.
190. Form the mixture into individual patties and fry in veg oil on a high heat for 2 minutes each side to give them a nice brown colour. Set aside to warm up later before service.
191. Taste the gravy for seasoning; if it is too salty then add more water.



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192. Thicken up the gravy with a little corn flour mix and add the gravy browning.
193. When ready, remove from the heat and set aside on foil so they can be kept warm in the oven.

5.45pm (When stuffing comes out of the oven)

194. Heat up veg oil in a small pan.
195. Season pre-boiled potatoes well with salt, pepper, garlic and mixed herbs.
196. When oil is really hot, pour it over the potatoes. This will help them cook and become crispy.
197. Place the potatoes on the top shelf of the oven and roast for 1.5 hours until they are golden brown and crispy. Remember to turn them over every 20 minutes to get them cooked evenly. They should be perfectly cooked by 7.30pm.

6.30pm

198. Prepare the meat and stuffing to be warmed up later.
199. Unwrap the pork from the cling film, then, using a knife, take off the string and slice thinly whilst waiting for the croutons to roast.
200. Put pork slices onto a baking tray and pour a little gravy over the top. Set aside.
201. Transfer the stuffing onto a chopping board and carefully remove all of the cling film. Cut into small even pieces and put back in the tray, set aside.
202. Remember to turn over potatoes so they roast equally
203. To make the [vegan](#) gravy, pour 200ml of water into a small pan and bring to the boil on a high heat.
204. Whilst boiling, add 1 tbsp. of veg stock and mix well to remove all lumps.
205. Season with pepper and add a splash of gravy browning for colour.
206. Remove from the heat and warm up just before serving.

7:00pm

207. Put cauliflower cheese on the middle shelf of the oven, below the potatoes.
208. Roast the cauliflower for 30 minutes until the cheese on top is golden and the sauce is bubbling.



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209. Put a medium saucepan with a splash of vegetable oil on a high heat and add carrots.
210. Cook them for about 5 minutes, stirring them constantly until they are golden brown, then add a splash of honey and mix well.
211. Finish and serve the canapés.

7:20pm

212. Warm the gravy on a medium heat.
213. Pour a little warm gravy over your sliced pork then cover with tin foil.
214. Cover the stuffing and nut roast patty dishes with foil as well and put all three dishes back in the oven to warm up. It should take about 15-20 minutes and they will be nice and hot by the time guests have finished their starter.
215. Add peas to the carrot pan, season with salt and pepper, then cover and leave on the side ready to heat up before service.
216. Serve the soup starter.
217. Rotate the dishes in the oven if any of them are over cooking.

To Serve

218. Transfer the carrots and peas into an oval dish and finish off with a sprinkle of chopped parsley. Serve together with cauliflower cheese and ramekins of apple sauce on the table for guests to help themselves.
219. On a warm plate, arrange 3 roast potatoes just off the centre of the plate, then 2-3 slices of pork - size dependent - and a piece of stuffing on the other side.
220. For vegetarians and vegans, substitute meat and stuffing with a patty of nut roast.
221. To finish, add a half-filled small jug of gravy to each plate.
222. Any extra potatoes, stuffing, meat and gravy can be transferred into separate small dishes (could be bowls or small metal sauce boats) and placed on the table as extras for guests to serve themselves.