

Pata Asada Canaria

Serves: 8-10 people Preparation: 15 mins

Cooking time: 3-4 hours

Ingredients

- 1 leg of pork (approx. 5kg)
- Coarse sea salt
- 8 garlic cloves (to taste and according to the size of the leg)
- Table salt

Method

1. Preheat the oven to 200°C, adjust the heat up/down depending on your oven once you put the pork in.
2. Rub the whole leg with coarse sea salt.
3. Make incisions along the leg with a sharp knife and insert the slices of garlic.
4. Place the leg of pork onto a suitable roasting tray, cover with aluminium foil and put it in the oven. If you don't have a fan assisted oven make sure you turn the roasting tray each hour to ensure the meat cooks evenly.
5. Lower the temperature of the oven to 180°C. Allow approximately 45 minutes per kilo of meat.
6. Halfway through the cooking time, remove the aluminium foil and return to the oven.
7. After 3 hours start to check the meat regularly by inserting a sharp knife or skewer into the meat at different points until the juices run clear or no liquid comes out. The skin should be nice crispy crackling by now – remove from the oven and sit for approx. 5 minutes.
8. Carve the meat into thin slices, add a little salt and serve with the cooking juices drizzled over it.

Tips & variations

If the crackling hasn't gone as crispy as you like you could try removing it from the meat and quickly frying over a medium heat on the hob, although this shouldn't be necessary.

Serving suggestion

This meat is a real treat and a star in its own right! However, it lends itself to having a bit of crusty bread on the side to mop up the delightful juices.