

# THE CHEF TIPS

*suckling pig*



*The Gourmet*  
M A R K E T

## HOW TO COOK: Suckling Pig

1. Our suckling pig must be at room temperature before cooking.
2. Preheat oven to 150 degrees.
3. Open the suckling pig from top to bottom and flatten it with a mallet.
4. Prick the skin and head with a large needle or fork. It is very important to pierce the meat so as not to get air pockets and to make the skin crisp and tender.
5. Coat all the pork with oil and salt.
6. Pour boiling water into the bottom of a baking dish and place some garlic and bay leaves in it.
7. Put the meat on top, with the skin facing up.
8. Cook immediately for 1 hour, basting regularly. Turn the suckling pig over after 30 minutes of cooking. If there is not enough water in the baking dish during cooking, add a little boiling water as the suckling pig needs this moisture.
9. Turn the suckling pig over again and finally, in order to obtain a crisp and golden skin, raise the oven temperature to 190 degrees, and cook for another 20 to 25 minutes without turning it over.
10. When the skin is golden brown and crispy, serve immediately with preferred sides.

Whilst I personally develop, try and test all our recipes and cooking guides, animals (and ovens!) can vary immensely, therefore cooking times are meant to be a guide only. Please ensure all products are cooked through and hot before serving.