



Jammin' JeRk



SLOW ROASTED JERK PORK WITH CARIBBEAN SALSA

Sumptuous combination of
flavoursome pork with a fresh Caribbean salsa.

Serves 8

Ingredients

4 kg boneless pork shoulder blade roast
6 cloves garlic, crushed
2 – 3 tbsp Jammin' JeRk Mild Marinade
1/2 tsp salt
1 lime, squeezed
1/2 cup fresh orange juice

For the Caribbean salsa:

1 avocado, diced
1 ripe mangos, peeled, seeded and coarsely chopped
1 ripe papaya, peeled, seeded and coarsely chopped
1 1/2 tbsp chopped red onion
1-2 tbsp chopped fresh corinander
2-3 tbsp fresh lime juice
salt and pepper, to taste

Instructions

Using a sharp knife, cut slits into the pork and stuff holes with half of the crushed garlic. Combine the remaining garlic, jerk marinade, and salt, rub all over pork (you may want to wear gloves!) Place in a large container, pour the lime and orange juice over the pork; cover and refrigerate 5 hours or overnight, turning pork occasionally so the marinade covers all of pork.

The next morning, put everything in the oven and roast at 260C for 20 minutes, then lower the heat to 120C and cook for another 2 hours, or until the roast is nice and brown on the outside and the internal temperature reaches 60C as measured with an instant read thermometer.

Remove the roast from the oven, cover loosely with foil and let it rest for 15 minutes before shredding using two forks. Remove liquid from oven tray, add salt and pepper to taste for use as a flavoursome gravy.

The Slow Roasted Pork and Caribbean salsa can also be served over white rice for a complete meal.