



Herb roast



Ingredients

49oz pork neck/pork
loin
1 tbsp salt
1 tbsp ground cumin
1 tbsp curry
1 tbsp thyme
1 tsp marjoram
1 tsp pepper
1 tsp cayenne pepper/
chili
2 tbsp freeze-dried
garlic/4 garlic cloves
3 big/5 small onions
1 cup water/beer
(refined) olive oil

To make the spice mix, first put the salt, cumin, curry, thyme, marjoram, pepper, cayenne pepper, and garlic in a cup.

If you have chosen pork loin, the silver skin should be removed to prevent it from becoming tough. Then cut the meat into 1,2 to 1,5 inches thick slices.

Halve the onions and cut into 0,1 to 0,2 inches thick slices and place in a roasting tin together with the meat and 2 to 3 tablespoons of olive oil. Mix everything together so that the entire surface of the meat is coated with oil.

Refined olive oil is better than cold-pressed olive oil as it does not have any easily burnt suspended particles that become bitter when heated.

Next, add the spice mixture to the roasting tin and distribute it everywhere, before finally adding the chosen liquid, water, or beer.

Place the roasting tin with the lid closed in the oven at 180°C top/bottom heat for 2 hours and then enjoy your meal.