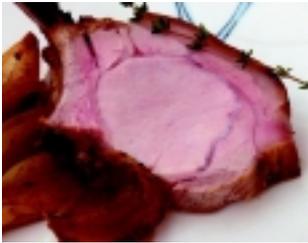


rack of pork in ale, stout and honey and red-skinned potato salad with lager dressing



Rack of pork in ale, stout and honey

Serves 6

Ingredients

- 6-bone loin of pork (approx. 2 kg/4½ lb)
Ask your butcher for the pork to be French trimmed, skin-scored, chimed and tied with string
- 15 ml (1 tbs) vegetable oil
- 300 ml (½ pt) light ale
- 100 g (4 oz) clear honey

MARINADE

- 4 medium onions, peeled and each cut into 6 wedges
- 150 ml (¼ pt) stout
- 3 sprigs each of thyme, rosemary, oregano and parsley
- 6 garlic cloves, peeled and halved
- 5 ml (1 tsp) ground mace
- 6 cloves
- 2.5 ml (½ tsp) turmeric
- Sea salt and 12 black peppercorns, lightly crushed

Red-skinned potato salad with lager dressing

Serves 4

Ingredients

- 4 medium sized red-skinned potatoes (Desiree or Roseval), washed
- 1 small red onion, finely chopped
- 30 ml (2 tbs) finely chopped parsley

BEER DRESSING

- 100 ml (3.5 fl oz) olive oil
- 1 small onion, finely chopped
- 200 ml (7 fl oz) lager
- 22.5 ml (1½ tbs) cider vinegar
- 5 ml (1 tsp) caster sugar
- 15 ml (1 tbs) Dijon mustard
- Sea salt and freshly ground black pepper

Method

- 1 Pre-heat the oven to 180C/350F/Gas 4.
- 2 Make the marinade by tossing the onions, stout, herbs, garlic, mace, cloves and turmeric in a large bowl. Season with salt and the crushed black peppercorns.
- 3 Place the rack of pork in a large, strong food storage bag and pour the onions and marinade mixture over the pork. Seal the bag and leave the pork to marinate in the fridge for 8-12 hours, tossing it occasionally.
- 4 Heat the oil in a large roasting tray until very hot. Remove the pork from the marinade and fry it all over for a few minutes until golden and sealed. Lift the pork up and pour the onions and marinade and the light ale into the tray. Sit the pork on top, and sprinkle plenty of salt on the skin. Roast in the oven for 1 hour 40 minutes, basting occasionally. Ten minutes before the end of cooking, remove the pork from the oven and drizzle the honey over. Continue to roast for the remaining 10 minutes.
- 5 Allow the pork to rest for 10-15 minutes before serving, covering with foil to keep warm.
- 6 Remove any string and carve between each bone into 6 pieces. Serve with the softened onions.

Method

- 1 Cook the potatoes in boiling salted water for 20-25 minutes until tender. Drain and allow to cool slightly.
- 2 Meanwhile, make the beer dressing. Heat 30 ml (2 tbs) of the olive oil in a small pan and gently fry the onion for about 5 minutes until softened but not catching colour. Add the lager, cider vinegar and sugar and simmer gently for a further 5 minutes. Pour this mixture into a food processor and add the mustard and seasoning. With the motor running, slowly pour in the remaining oil to give a fairly thick dressing.
- 3 Slice the potatoes into 1/2 cm (1/4") wide rounds, being careful not to break the skin too much. While the potatoes are still warm, gently mix them with the beer dressing, red onions and parsley being careful not to break them up too much. Check seasoning.
- 4 Serve warm or at room temperature.



beer

beerscience

- Next time you're drinking beer and want to give your taste buds a bit more of a jolt, get your beer poured with a more generous head, and sip your pint through it. The bitterness of the hops – and therefore the beer's flavour – tends to be most concentrated in the foam of the head.
- Yeast – the key ingredient in the brewing process – is a living creature! It reproduces and lives off the ingredients in the beer. As it all ferments, the sugar in the beer mixture is converted into alcohol and carbon dioxide.
- And the nation's favourite yeast-rich tippie could have fringe benefits. Brewers' yeast is rich in B vitamins, which are needed to maintain the nervous system and metabolise your food. It's also good for the complexion – so some drinking may help alleviate those pimples and spots. But too much beer increases the body's vitamin requirements, especially B1.
- The brewing water makes a real difference to the eventual flavour of the beer. Different brews produced around the world have been directly influenced by whether the local water is hard or soft. Connoisseurs will add mineral salts to their brews, just as a chef adds salt to enhance a food's taste.

beerhistory

- It's thought the first beer was brewed more than 10,000 years ago, with early brews traced to Egypt, China, and the Americas. Each civilisation used local ingredients, so while Northern Europeans used barley, Americans used corn, and distinctive local flavours were developed.
- Until refrigeration was introduced in the 1880s, beer was only brewed in the colder months from September to April or May. Louis Pasteur's work on fermentation also changed the process of brewing. The invention of pasteurisation helped ensure a consistent, controllable supply of beer, as well as saving lives through increased understanding of how to prevent diseases spreading.
- The word 'lager' comes from the German *lagern*, which means *to store*. Lager was invented by Bavarian monks about 500 years ago. They found they could produce a clearer brew by storing it during the summer in wooden casks in cold caves.
- The first canned beers were introduced in the UK in 1935 by Felinfoel Brewery in Wales, using steel cans with cone-shaped tops.