



Roast pork shank with potatoes

15'
Hands on

270'
Cook Time

6-8
Portion(s)

1
Difficulty



Method

For the pork shanks

- Preheat oven to 180* C (350* F) Fan.
- Place each pork shank on a sheet of parchment. Add the bouillon cubes, olive oil, thyme, garlic and pepper to marinate.
- Push all of the aromatics under each pork shank and create packets with the parchment to enclose each shank. Wrap in aluminum foil and transfer to a baking pan fitted with a wire rack.
- Add some water and roast for 4 hours, adding more water to the pan every hour.
- When ready, open wrappings and roast for 20-30 minutes, until the meat turns golden brown.

For the sauce

- In a bowl, combine the mayonnaise, honey and mustard.

For the potatoes

- Place a pan over heat and let it get hot.
- Add the olive oil, coarsely chop the potatoes and add them to the pan also, along with the thyme and bouillon granules.
- Sauté until golden.
- When ready, add some mayonnaise sauce and mint leaves.

To serve

- Pierce the bottom of the parchment to remove all of the fat from the meat.
- Transfer to a large chopping board and serve with sauce and potatoes.

Ingredients

- 3 kilos shank, skin on
- 2 level tablespoon(s) vegetable bouillon powder
- 2 tablespoon(s) olive oil
- rosemary
- thyme
- 4 tablespoon(s) garlic
- pepper
- water

For the sauce

- 300 g [homemade mayonnaise](#)
- 3 tablespoon(s) honey
- 1 1/2 tablespoon(s) mustard, dijon

For the potatoes

- 1 kilo potatoes, boiled
- 2 tablespoon(s) olive oil
- thyme
- 1 teaspoon(s) vegetable bouillon powder
- mint

Διατροφικός πίνακας

Nutrition information per portion

924 Calories (kcal)	64.0 Total Fat (g)	13.0 Saturated Fat (g)	28.0 Total Carbs (g)
46%	91%	65%	11%
8.3 Sugars (g)	57.0 Protein (g)	2.2 Fibre (g)	1.5 Sodium (g)
9%	114%	9%	25%