



Greek pork roast - Gourounopoula

15'
Hands on

300'
Cook Time

8-10
Portion(s)

1
Difficulty



Method

- Preheat the oven to 180° C (350° F) set to fan.
- Score the pork with a knife in a crisscross pattern, skin-side. Lightly score the meat side as well and transfer the pork to a piece of parchment paper, skin-side up.
- Brush the meat with the olive oil, the vegetable bouillon powder, and put the garlic and the rosemary into the parchment paper.
- Wrap the pork very well with the parchment paper and aluminum foil and transfer to a baking pan with a rack, making sure the skin is facing up.
- Roast for 4- 4 ½ hours. Uncover and increase the oven's temperature to 200 ° C (390° F). Roast for another 20-25 minutes until the skin is golden brown and crispy.
- Serve with pepper and oven-baked potatoes.

Ingredients

- 3 kilos pork, shoulder, skin-on and boneless
- 3-4 tablespoon(s) olive oil
- 2-3 tablespoon(s) vegetable bouillon powder
- 3 clove(s) of garlic
- 3-4 sprig(s) rosemary

To serve

- potatoes, oven-baked
- pepper

Διατροφικός πίνακας

Nutrition information per portion

588 Calories (kcal)	41.0 Total Fat (g)	14.0 Saturated Fat (g)	0.9 Total Carbs (g)
29%	59%	70%	0%
0.5 Sugars (g)	53.0 Protein (g)	0.0 Fibre (g)	2.1 Sodium (g)
1%	106%	0%	35%