



## **RECOMMENDATIONS ON HOW TO COOK A WILD BOAR ROAST**

### **Ingredients:**

Wild boar roast – *defrost well overnight/for a day in the fridge! Very important as meat cooked from frozen tends to be tough and not as tasty.*

Olive oil

Salt & pepper

### **Method 1** – Slow roast (highly recommended)

Preheat oven to 150°C

Rub a bit of olive oil over the roast

Grind on a little coarse salt & black pepper

Place in a roasting tray & cover

*Optional is to add an onion cut in half and some carrots and or sweet potatoes diced largely.*

Put it in your preheated oven (150°C) for 2½-3 hours

Rest the meat for at least 10 minutes before carving it.

### **Method 2** – Faster roast (also delicious)

Preheat oven to 225°C

Rub a bit of olive oil over the roast

Grind on a little coarse salt & pepper

Place in a roasting tray

Put it in your preheated oven (225°C) for weight equivalent time and turn it every 30 minutes.

Rest the meat for at least 10 minutes before carving it.

### **Cooking times:**

Pink – 10 minutes for every 450g, plus 20 minutes

Medium – 13 minutes for every 450g, plus 20 minutes

We recommend cooking it for medium first time round and after that, tweaking it to your liking. We personally prefer it a little juicier so cook it for 11 min for every 450g plus 20 minutes. Wild boar a little pink, like with lamb, is very tasty and recommended.

If you are going to serve it cold, you can carve it 10 minutes after cooking and then place it in its own juices until you serve it. This will ensure it absorbs all the great flavours and stays juicy.

Sweet potato mash compliments wild boar beautifully.

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