Annabel Langbein The Free Range Cook: Simple Pleasures

Menu Planner

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Prep Plan

Well ahead

- Apple and Berry Sorbets can be made a couple of months in advance and stored in the freezer.
- Make Mexican Rub and store in a sealed jar in the fridge for a couple of weeks.

Day before

- Rub Pork with Mexican Rub, cover and marinate over night in the fridge.
- Soak kidney beans for Smoky Chilli beans over night.

On the day

- The pork will cook for almost nine hours, so work back from the time you would like to serve up, and pop your pork in the oven. Note that after 40-50 minutes at a high temp, you will need to reduce the oven temperature and put water around the base of the baking dish.
- Cook Smoky Chilli Beans, cover and store in the fridge until an hour before serving.
- Prepare the Chilled Tomato Soup Base, and store in the fridge.
- Prepare Chunky Guacamole and store covered in the fridge up to four hours before serving.

- Make Fresh Flour Tortillas and store in a container until ready to re-heat when serving pork.
- Check how hard your sorbets are, and if very hard remove from the freezer and whizz up again then return to freezer, a couple of hours before serving.
- Also a couple of hours before serving prepare the Salad Garnish for the Garden Gazpacho and store in a container in the fridge.

Final preparations

- Pop Salad Garnishes in soup bowls, top with Chilled Tomato Soup and decorate with mint sprigs to serve.
- Remove Smoky Chilli Beans from fridge and allow to gently re-heat for 20 minutes.
- Ten to twenty minutes before serving remove pork from the oven and allow it to stand.
- Lift crackling off pork and break it up, shred meat and serve.
- Spoon Smoky Chilli Beans into a deep serving dish, garnish and serve with Fresh Flour Tortillas and Chunky Guacamole.
- Spoon a scoop each of Apple and Berry Sorbet into bowls to serve