

Fool proof roast pork belly



Preparation Time 10 minutes Cooking Time 1 hour 10 minutes Serves 4

Ingredients:

1 kg Australian pork belly
2 cups boiling water
2 tblsp oil
2 tblsp flaked salt
Freshly ground black pepper to taste

Cooking Instructions:

Step 1. Preheat oven to 220°C.

Step 2. Using a sharp Stanley knife or scalpel, score the skin of the belly carefully so as to not cut all the way through.

Step 3. Place the pork belly rind side up in a large plastic container and cover with the boiling water. Allow to stand for 2 minutes before removing and patting dry with paper towel.

Step 4. Place the pork belly onto a baking tray. Rub in the oil and sprinkle over the flaked salt.

Step 5. Roast in a pre-heated oven for 30 mins at 220°C, and then reduce temperature to 180°C for a further 30 minutes. Remove and allow to rest for 10 minutes prior to slicing and serving.

Notes: pork belly may be cooked prior to serving and re-heated when required.