

Slow Roast Pork Belly with Chilli



Ingredients & Method

*Serves:*4-6

Preparation time: 15 minutes

Cooking time: 120 minutes

You will need:

1 kg pork belly rind off
1 litre water
50 g sea salt
200 mL cranberry juice
250 g plum sauce
2 red chillies
150 g white sugar
4 cm piece ginger, roughly chopped
Olive oil

To serve:

Steamed baby buk choy
Mini vegetable and noodle spring rolls

Step 1

Pre-heat oven 160C. Score the fat on the pork belly and trim.

Step 2

Score the fat on the pork belly and trim. Combine the salt and water together and whisk to dissolve.

Step 3

Place the pork belly into a shallow non-metallic dish. Pour over the salted water, cover and allow to sit covered in the refrigerator for 8 - 24 hrs.

Step 5

Remove belly from the water and pat dry.

Step 6

Sprinkle the fat side with a little flaked sea salt and place into a baking dish with the cranberry juice. Cook in the pre heated oven for 1 ½ hours.

Step 7

Remove and allow to rest.

Step 8

Combine the plum sauce, chilli, white sugar and pan juices into a small saucepan and stir over a low heat until sugar is dissolved. Simmer for 10 minutes.

Step 9

Cut the pork belly into squares. Heat a frying pan over a medium-high heat with a little olive oil for 1-2 minutes. Place the pork belly squares into the pan, fat side down and sear for 2 minutes. Turn and brown on the other side. Drizzle over a little sauce to glaze.

Step 10

Serve on individual plates with baby buk choy and a vegetable spring roll in a pool of chilli spiced plum sauce.

Tips

Pork may also be served sliced on a large platter for entertaining. Pork belly may also be roasted without soaking if you are short on time.

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