

Slow roasted Pork-Belly with spiced Apple sauce

Quantity	4 Port.				
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Category	Main courses Meat				
Time	Preparation time	50 minutes	Cooking time	1 ½ - 2 hours
Difficulty	Intermediate				

Ingredients

QUANTITY	UNIT	PRODUCE
1	KG	Pork-belly boneless with skin on
100	GR	Onions white, peeled, sliced
<u>MARINADE</u>		
1	PC	Garlic clove, peeled
As needed		Cloves ground
2	GR	Coriander seeds (slightly toasted)
2	GR	Black pepper corns whole (slightly toasted)
2	GR	Caraway seeds (slightly toasted)
1	GR	Mustard seeds yellow (slightly toasted)
2	GR	Thyme leaves dry
5	GR	Rosemary leaves fresh, finely chopped
10	GR	Fleur de sel (Guerande, Brittany France) or standard sea salt flakes (Maldon from UK)
As needed		Olive oil, cooking
3	ML	Lemon juice freshly squeezed
<u>APPLE SAUCE</u>		
250	GR	Apples (Golden Delicious), cored, peeled and chopped into smaller pieces
25	GR	Brown sugar
30	ML	Water
40	ML	White wine, cooking
5	ML	Lemon juice freshly squeezed
½	PC	Cinnamon stick small
¼	PC	Vanilla bean, split in half
To taste		Allspices ground
To taste		Dry chili flakes
To taste		White pepper ground
To taste		Murray River Rock salt flakes (pink) or Red Himalayan Rock salt
To taste		Mint leaves freshly picked

Mise en place / Pre-Preparation

PORK BELLY

- With a sharp knife (Butcher knife) make ½ cm deep incisions into the skin from side to side. This will ensure that the Marinade will penetrate into the meat and will make the skin crispy when slow roasting in the oven.
- Add all Marinade ingredients into the Mortar and Pestle except olive oil and sea salt flakes. Pound to a paste. Add olive oil and continue to pound to a thick paste. Then add the Sea salt flakes and mix.
- With your fingers rub the Marinade all around the pork belly. Make sure that all parts have been covered. Massage the Marinade into the meat for 1-2 minutes.
- Set aside and let infuse for 30-45 minutes @room temperature.
- Place sliced onions on the bottom of the roasting tray and put marinated pork belly on top (*will ensure that the pork belly will not stick or burn on the roasting tray – you can as well use a roasting tray*)
- Put in preheated oven (220C conventional oven top and bottom heat), medium rack, for 30 minutes. Then continue slow roasting in the oven for approximately another 1 ½ - 2 hours at 170C.
- From time to time check the pork belly and glaze (paste) with rendered fat (*This will keep the meat extra juicy and the skin even more crispy*).
- When finished (meat tender and juice and the pork skin (crackling) is crispy, take out and let rest aside for approximately 10-15 minutes. This will ensure that all juices inside the pork belly will settle down and making the meat juicy and tender.

APPLE SAUCE

- Place all ingredients into a saucepan (except white pepper) and bring to a boil. Then simmer for approximately 10-15 minutes or till the apple pieces are soft and tender. Slightly cool down and then blend in blender till smooth. Sieve through a fine sieve in order to get out all bits and pieces from the cinnamon stick etc... Add white pepper and adjust seasoning with salt, lemon juice and chili flakes if required.



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Watch Video Recipe on my YouTube Channel Enabled Cooking (click on link below) for METHOD (preparation and cooking), PLATING / SERVING and EQUIPMENT / TOOLS needed

<http://youtu.be/zRhXUj22ARk>

Remarks / Comments:

-Serve with Parsley Mashed Potatoes, green Zucchini and Roma Tomato Ragu with Basil and some Dijon Mustard on the side.

-You can leave out the Allspices from the Apple sauce if you like a more “classic - whiter” Apple sauce.

