

# Pork Recipe

## Grandma Morgan's Tastiest Slow Roast Belly Pork

Belly is one of the tastiest cuts of pork it has rich seams of fat that impart an irresistible savoury flavour, and incredibly tender, succulent meat. And the crackling comes up crisp and tasty with a real snap to it - just like the good old days!

A very economical cut but as many restaurants start to feature it on their menus, it's fast becoming the new equivalent of lamb shank.

### **SERVES 4**

Total cooking time: 3 hours

## You will need:

---

1kg (2¼ lb) - 1.5kg (3lb) piece of pick belly pork

5 onions, sliced

Freshly ground peppercorns

2 teaspoons five-spice powder

2 tablespoons sea salt

2 teaspoon caster sugar

Water

Splash of wine

Best served with creamy mashed potato, peas & chunky apple sauce or colcannon with baby carrots.

Serve with plain couscous or for a special occasion jewelled couscous (couscous with added nuts, fruit & herbs)

# Pork Recipe

## Grandma Morgan's Tastiest Slow Roast Belly Pork

### Method

---

1. Preheat oven 180/350/Gas 4
2. Score the skin - if not already done - and spike the skin with a skewer as many times as you can, going through just the fat. Pour over a kettleful of hot water over the skin, leave to drain and pat dry with kitchen paper.
3. Lay the sliced onions into a roasting tray and place pork skin side up. Rub the flesh with the five-spice, salt, pepper and sugar. Add a couple of tablespoons of water around the dry onions.
4. Place in oven for 1 hour, then remove and baste any fat and juices over the meat and turn the onions. If the onions are drying out add a bit more water. Return to oven for another 1½ hours basting if necessary.
5. Increase the oven temperature to 220/420/gas 7 for the last ½ hour to allow skin to crisp up.
6. Remove pork from tin and rest for 10-15 mins. While resting heat the tin with the onions in adding a splash of water and wine to lift any residue for the bottom of the pan to make delicious cooking liquor.
7. Cut the pork into portions and place on top of the seasoned onions. Pour any reserved liquor over and serve with desired vegetables.

### TIPS

Contrary to belief, it is no longer necessary to roast pork until its well done. With the elimination of trichinosis, pork joints and chops are fine served slightly pink but not bloody (meat temperature min 150°F/65°C) and as long as all the exterior meat has been well cooked - this kills all the bacteria. However, in the instance of sausages and mince pork these must be well cooked as bacteria can be present throughout the chopped up meat.