

Slow Roast Pork Belly

Ingredients

- 2 kg piece belly pork 2 tsp salt
- 2 cloves garlic, peeled
- 1 tsp salt
- 1/2 tsp freshly ground black pepper
- 2 tsp fennel seeds (or dried rosemary)

What to do...

Crush all the ingredients for the paste together with the end of a rolling-pin.

Place the pork skin side down on a large board and trim away the excess fat you can see from the under-side. Now with a sharp knife cut the flesh lightly in a criss-cross pattern and rub the garlic paste well into the slashes and all over the meat's surface.

Turn the belly pork skin side up again on the board and rub in the salt. Make sure it comes into contact with the fat layer to ensure good crisp crackling.

Place the pork on a wire rack (if you have one) within a large roasting tin to allow for the fat to run away from the meat during cooking process.

Roast in the hot oven for approx 30-35 minutes to get the crackling going and then reduce the oven temp to 140 C fan for a further 2 ½ - 3 hours by then most of the fat will have drained away, leaving a lovely crisp-topped, tender and succulent roasted pork belly.

All meats can be
purchased at
R K Creese Butchers



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Disclaimer: The recipe above is a guide only and we cannot accept responsibility for the outcome of this recipe.