



TWICE COOKED PORK BELLY WITH CIDER, APPLE AND 5 SPICE

From Love Pork

Serves 4

Cooking Time 120 mins

What are the ingredients?...

- 700g (1½lb) Lean piece of Buttercross Farm belly pork
- 300ml (½pt) Cloudy cider

- Seasoning:
- 5ml (1tsp) Chinese 5 spice
- 2 Star anise
- 2 Cox's apples, cored and quartered
- 15ml (1tbsp) Honey

How do I make it?...

Preheat oven to Gas 4-5, 180°C, 350°F.

- Take the flat piece of belly, dry the rind and score deeply with a sharp knife.
- Line a shallow roasting pan with two large pieces of foil. Add to this the cider, seasoning and spices.
- Place the belly onto the foil and tuck the foil around the joint so that the liquid is against the belly joint, but leave the top dry and exposed. Brush rind with oil and sprinkle with salt.
- Open roast for about 1 hour then open foil parcel. Add the apples (add more cider if too much has evaporated), cover over the whole joint with foil and return for a further hour.
- When cooked carefully open foil, drizzle rind with honey and place under a preheated grill. Cook for about 5 minutes to finish off the crackling.

Serving suggestion

Serve cut into thick slices, drizzle with sauce and serve with apples and Chinese steamed vegetables.