

Spiced Pork Belly with Asian Vegetable Salad & Chilli Sour Cream

4-6 SERVINGS 200C FOR 30-40 MINS CAN BE PREPARED 24 HRS IN ADVANCE-EASY

INGREDIENTS

1kg Pork Belly (boneless and skinless)

For the asian marinade:

1 tablespoon each of tomato puree, curry powder,

paprika, turmeric, fennel seeds, coriander seeds

2 cloves garlic, 2 star anise

100ml olive oil

1 teaspoon salt

For the asian salad: 2 pak choi, shredded 1

small packet of beansprouts 1 red or yellow

pepper, cut into thin strips (julienne) 1 bunch

spring onions, sliced finely 1 small fennel bulb,

peeled and sliced finely ½ bunch fresh

coriander, chopped A few mangetout, finely

sliced ½ red onion, finely sliced 1 carrot, grated

1 piece of mooli (white radish), shredded 2

tablespoons vinaigrette

For the chilli sour cream: 1 carton of sour

cream (200g approx.) ½ bunch fresh coriander,

chopped, 2 red chillies, de-seeded and finely

chopped ½ clove garlic, finely chopped A pinch

of salt 2 tablespoons of sweet and sour plum

sauce

DIRECTIONS

THE DAY BEFORE YOU WANT TO SERVE THIS DISH, MAKE YOUR ASIAN MARINADE FOR THE PORK BY BLITZING ALL THE INGREDIENTS TOGETHER IN A FOOD PROCESSOR UNTIL IT FORMS A PASTE, ADDING A LITTLE MORE OIL IF REQUIRED.

REMOVE ANY EXCESS FAT FROM THE PORK AND RUB IN THE PASTE. PLACE IN THE FRIDGE OVERNIGHT.

THE FOLLOWING DAY, REMOVE THE MARINATED PORK FROM THE FRIDGE ALLOW IT TO GET TO ROOM TEMPERATURE BEFORE COOKING

ROAST IN A HOT OVEN AT 200°C FOR AROUND 30-40 MINUTES. ALLOW THE COOKED PORK TO REST IN A WARM PLACE FOR AN HOUR.

WHILST THE PORK IS RESTING, ASSEMBLE YOUR ASIAN VEGETABLE SALAD BY MIXING THE INGREDIENTS TOGETHER AND DRESSING WITH A PLAIN VINAIGRETTE – I USE OLIVE OIL, WHITE WINE VINEGAR AND SALT.

TO MAKE THE CHILLI SOUR CREAM, BLITZ TOGETHER THE INGREDIENTS IN A FOOD PROCESSOR FOR 10 SECONDS - TOO LONG AND IT WILL BECOME RUNNY.

TO SERVE, ARRANGE THE SALAD IN THE MIDDLE OF YOUR PLATES, TOPPED WITH THIN SLICES OF THE STILL-WARM PORK BELLY. DRIZZLE THE CHILLI SOUR CREAM AROUND THE PLATES AND SERVE.

