
RECIPE OF THE WEEK

Slow Roast Pork Belly With Mash & Bramley Apple Sauce

Ever popular with children of all ages belly pork with good crackling is scrumptiously nice and sticky. Buying a whole belly or middle is an economical way of having a feast and rilling the belly means you can fit a bigger piece in a small oven. A good dollop of apple sauce offsets the fat and makes excellent dipping sauce. The alternative and economical cut is shoulder of pork but you will get more meat and less crackling.



5-6 kg pork belly
1 lemon
20 sage leaves
5 cloves garlic, roughly chopped
100g caster sugar
100g butter
Trapani sea salt

for the mash
3kg Picasso or King Edward potatoes

for the apple sacuce
1kg Bramley apples, peeled, cored and
roughly chopped

Preheat your oven to 220°C/450°F. First remove the rib bones from the underside of the belly. Turn over and score the skin to a depth of about 1/2 a centimetre with a sharp Stanley knife. Turn back over and season the underside with sea salt and pepper. Scatter the sage and garlic evenly across the underside. Roll the belly with the skin to the outside and tie with butcher's string.

Place the pork belly on a wire rack over a sink or large pan. Pour over a large kettle of boiling water. Pat it dry and then continue with the salting process. This opens the pores of the pork and lets the heat and salt penetrate more easily leading to better crackling.

Squeeze over the lemon juice and cover with a very generous amount of sea salt which will season and dry the skin. Leave for ten minutes then pat it dry to remove the lemon juice and re-salt it.

Put the belly on a wire rack and place in the oven until golden brown and crackled (approx 30 mins), then turn down to 160°C/300°F and slow cook for 2 1/2 to 3 hours. Rest wrapped in foil for at least 10 minutes before carving. Serves 10

To make the Bramley apple sauce, pop the apples into a large pot with the butter and sugar and simmer gently. You can always up the quantity and make extra and store any leftovers in a jar in the fridge for next time.

To download this recipe go to www.squisito-deli.co.uk
