



Braised Pork Belly Sandwich with Pesto Mayo

READY IN

ready

135 min.

SERVINGS

servings

4

CALORIES

calories

2013 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 2 cups beef broth
- ☐ 1 pinch pepper black freshly ground
- ☐ 4 servings pepper black freshly ground
- ☐ 0.3 cup brown sugar
- ☐ 2 cups chicken broth
- ☐ 4 small ciabatta rolls split toasted
- ☐ 2 tablespoons dijon mustard
- ☐ 4 servings grapeseed oil

- ☐ 2 jalapeños
- ☐ 1 pinch kosher salt
- ☐ 4 servings kosher salt
- ☐ 1 Dash juice of lemon
- ☐ 0.5 cup mayonnaise
- ☐ 8 ounces mozzarella cheese smoked sliced
- ☐ 1 onion diced
- ☐ 0.5 cup pesto prepared
- ☐ 32 ounce servings pork belly
- ☐ 0.3 cup portabello mushrooms dry
- ☐ 1 sprig rosemary
- ☐ 4 cloves garlic whole

Equipment

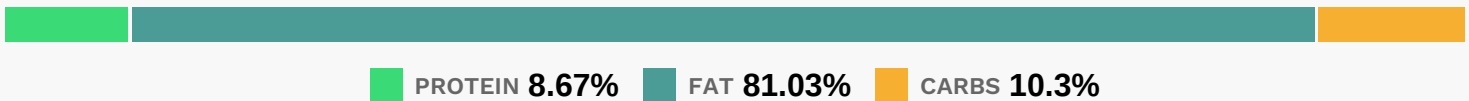
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 375 degrees F.
- ☐ Score the pork belly several times on fatty side. Season with salt and pepper, to taste.
- ☐ Coat a large Dutch oven, over medium heat, with oil.
- ☐ Add the pork belly, 1 piece at a time, scored side down, to the pot. Sear slowly to render the fat on all sides for 3 to 4 minutes.
- ☐ Remove from pan and set aside.

- ☐ Drain off the excess fat leaving 3 to 4 tablespoons and add the garlic. Brown the garlic, then add the onions and cook until slightly colored, about 2 to 3 minutes.
- ☐ Stir in the brown sugar and balsamic and cook until syrupy, about 1 to 2 minutes.
- ☐ Add the Dijon and whisk until smooth. Stir in the rosemary, mushrooms, peppers and broths and bring to a boil. Return the pork belly to the pan, cover and put in the oven. Braise until fork tender, about 1 1/2 to 2 hours.
- ☐ Remove from oven and transfer the pork belly to a platter.
- ☐ Mix all the ingredients with a whisk in a small bowl and set aside.
- ☐ Spread pesto mayonnaise liberally on each side of the toasted rolls. Put a piece of pork belly and several slices of smoked mozzarella on the bottom halves. Arrange the bottom halves of assembled sandwich on a sheet pan and put back in the oven until cheese melts and browns, about 1 to 2 minutes.
- ☐ Remove from the oven, cover with the roll tops and serve.

Nutrition Facts



Properties

Glycemic Index:109, Glycemic Load:2.74, Inflammation Score:-7, Nutrition Score:27.752173828042%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg

Nutrients (% of daily need)

Calories: 2012.71kcal (100.64%), Fat: 180.56g (277.79%), Saturated Fat: 58.32g (364.49%), Carbohydrates: 51.65g (17.22%), Net Carbohydrates: 49.37g (17.95%), Sugar: 19.69g (21.88%), Cholesterol: 224.68mg (74.89%), Sodium: 2348.29mg (102.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.49g (86.98%), Vitamin B1: 0.98mg (65.61%), Vitamin B3: 12.23mg (61.17%), Vitamin B12: 3.34µg (55.69%), Phosphorus: 503.94mg (50.39%), Vitamin B2: 0.84mg (49.24%), Selenium: 34.05µg (48.64%), Vitamin K: 48.72µg (46.4%), Vitamin E: 6.28mg (41.85%), Calcium: 395.93mg (39.59%), Zinc: 4.28mg (28.54%), Vitamin A: 1134.56IU (22.69%), Vitamin B6: 0.45mg (22.46%), Potassium: 692.91mg (19.8%), Vitamin C: 12.1mg (14.66%), Manganese: 0.27mg (13.63%), Iron: 2.45mg (13.61%), Copper: 0.2mg (10.18%), Vitamin B5: 0.92mg (9.21%), Fiber: 2.27g (9.1%), Magnesium: 35.86mg (8.96%), Folate:

19.56µg (4.89%), Vitamin D: 0.3µg (1.99%)