



Caw Caw Creek Pork Belly

 Dairy Free

READY IN



525 min.

SERVINGS



8

CALORIES



1226 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 8 servings chanterelles
- ☐ 1 tablespoon t brown sugar dark
- ☐ 8 servings farro (see "Pantry Key," below)
- ☐ 5 tablespoons kosher salt
- ☐ 0.3 teaspoon pepper
- ☐ 3.5 lb pork belly (see "Pantry Key," below)
- ☐ 1 teaspoon salt

Equipment

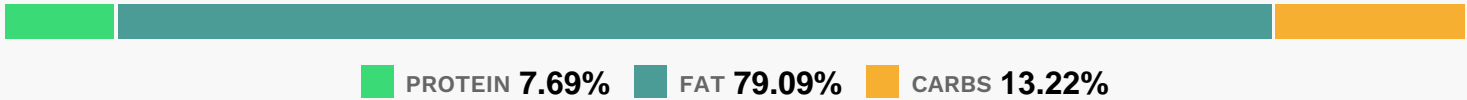
- ☐ frying pan
- ☐ paper towels
- ☐ baking paper
- ☐ oven
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Combine first 2 ingredients in a Dutch oven; add 2 cups water. Cook over medium heat, stirring occasionally, 2 minutes or until salt and sugar are dissolved.
- ☐ Add 1 cup water, and pour mixture into a 13- x 9-inch baking dish; cover and chill 30 minutes.
- ☐ Add pork belly, fat side up; cover and chill 24 hours.
- ☐ Remove pork from salt-water mixture; discard salt-water mixture, and rinse pork under cold water. Pat dry with paper towels.
- ☐ Sprinkle with 1 tsp. table salt and 1/4 tsp. pepper.
- ☐ Preheat oven to 27
- ☐ Cook pork in hot oil in a large ovenproof skillet over medium-high heat 5 minutes on each side or until browned.
- ☐ Remove from heat, and cover.
- ☐ Bake at 275 for 6 hours or until fork-tender.
- ☐ Remove from oven, and cool completely (about 45 minutes).
- ☐ Place parchment paper over pork; top with a large heavy skillet, and press down on pork. Chill 12 hours (with skillet on top).
- ☐ Cut pork into 1/2-inch slices. Cook pork in a large cast-iron skillet over medium-high heat 3 to 5 minutes on each side or until crisp.
- ☐ Serve over Herbed Farro with
- ☐ Sauted Chanterelles.

Pantry Key. Pork Belly: This new chef fave has nothing to do with the digestive tract—it's uncured bacon. Order it from your butcher or cawcawcreek.com. Farro: A deliciously chewy whole grain that's high in protein and has a bold, nutty flavor; a great alternate for anyone who loves barley.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:19.348260940417%

Nutrients (% of daily need)

Calories: 1225.66kcal (61.28%), Fat: 107.53g (165.44%), Saturated Fat: 38.61g (241.32%), Carbohydrates: 40.44g (13.48%), Net Carbohydrates: 32.59g (11.85%), Sugar: 1.87g (2.07%), Cholesterol: 142.88mg (47.63%), Sodium: 4719.49mg (205.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.51g (47.03%), Vitamin B1: 0.88mg (58.77%), Vitamin B3: 11.57mg (57.84%), Selenium: 34.78µg (49.69%), Manganese: 0.7mg (34.83%), Phosphorus: 325.55mg (32.56%), Vitamin B2: 0.54mg (31.74%), Fiber: 7.85g (31.42%), Vitamin B12: 1.67µg (27.78%), Zinc: 3.11mg (20.73%), Vitamin B6: 0.39mg (19.46%), Copper: 0.32mg (16.09%), Potassium: 515.97mg (14.74%), Iron: 2.37mg (13.18%), Magnesium: 47.93mg (11.98%), Vitamin E: 1.09mg (7.27%), Vitamin B5: 0.66mg (6.63%), Folate: 13.53µg (3.38%), Calcium: 28.97mg (2.9%), Vitamin K: 2.45µg (2.33%)