



Crisp cider-braised pork belly



Gluten Free



Dairy Free

READY IN



720 min.

SERVINGS



4

CALORIES



1812 kcal

Ingredients

- ☐ 1 large carrots roughly chopped
- ☐ 1 onion roughly chopped
- ☐ 9 servings celery stalks roughly chopped
- ☐ 2 garlic cloves smashed
- ☐ 1 sprig thyme leaves fresh
- ☐ 2 bay leaves
- ☐ 500 ml cider
- ☐ 1 small tablespoon cider vinegar
- ☐ 1l chicken stock see fresh

- ☐ 1.2 kg unscored pork belly boneless
- ☐ 2 tbsp unrefined sunflower oil
- ☐ 4 servings apple mash and mustard cabbage (see tip)

Equipment

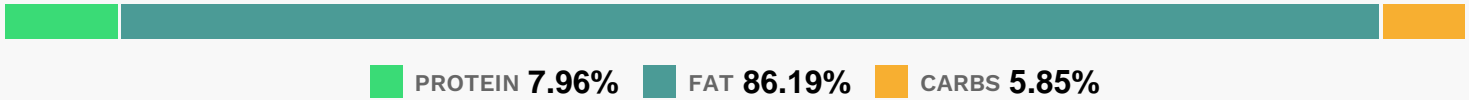
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ casserole dish
- ☐ aluminum foil

Directions

- ☐ Heat oven to 180C/160C fan/ gas
- ☐ Place all the ingredients except the pork and sunflower oil in a flameproof pan that will fit the pork snugly a casserole dish is ideal. Season, bring everything to the boil then turn down the heat and slide the pork into the pan. The pork should be totally submerged if it isnt, top up with water. Cover the dish with a lid or tight tent of foil and place it in the oven for 3 hrs undisturbed.
- ☐ When the pork is cooked, leave it to cool slightly in the stock. Line a flat baking tray with cling film. Carefully lift the pork into the tray and make sure you get rid of any bits of vegetables or herbs as they will end up pressed into the pork. Cover the pork with another sheet of cling film and cover with a flat tray or dish the tray must be completely flat as any indentations will be pressed into the pork. Weigh the pork down with another dish or some cans and leave to cool in the fridge overnight. Strain the juices into a jug or small saucepan, cover and chill.
- ☐ Day 2: Unwrap the pork and place on a board. Trim the uneven edges so that you have a neat sheet of meat.
- ☐ Cut the meat into 4 equal pieces and set aside until ready to cook. Lift off any bits of fat from the braising juices and tip what will now be jelly into a saucepan, then bubble down by about two-thirds until starting to become slightly syrupy.
- ☐ Add a few more drops of vinegar, to taste.
- ☐ Heat the oil in a large frying pan until hot, then turn the heat down.

- ☐
- Add the pork to the pan, skin-side down be careful as it has a tendency to spit. Sizzle the pork as you would bacon for 5 mins until the skin is crisp. Flip it over and cook for 3-4 mins until browned.
- ☐
- Place a small pile of cabbage on the side of each plate and sit a piece of pork on top.
- ☐
- Place a spoonful of mash on the other side of the plate, drizzle over the sauce and serve.

Nutrition Facts



Properties

Glycemic Index:63.21, Glycemic Load:3.58, Inflammation Score:-9, Nutrition Score:27.369565134463%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg

Nutrients (% of daily need)

Calories: 1812.19kcal (90.61%), Fat: 169.27g (260.42%), Saturated Fat: 59.53g (372.09%), Carbohydrates: 25.84g (8.61%), Net Carbohydrates: 23.25g (8.46%), Sugar: 15.88g (17.64%), Cholesterol: 223.61mg (74.54%), Sodium: 479.89mg (20.86%), Alcohol: 6.23g (100%), Alcohol %: 0.99% (100%), Protein: 35.17g (70.34%), Vitamin B3: 18.24mg (91.18%), Vitamin B1: 1.32mg (87.7%), Vitamin A: 3104.2IU (62.08%), Vitamin B2: 0.98mg (57.65%), Selenium: 29.96µg (42.8%), Vitamin B12: 2.52µg (42%), Phosphorus: 416.8mg (41.68%), Vitamin B6: 0.65mg (32.51%), Vitamin E: 4.37mg (29.11%), Potassium: 999.75mg (28.56%), Zinc: 3.56mg (23.71%), Copper: 0.34mg (16.78%), Iron: 2.37mg (13.19%), Fiber: 2.59g (10.35%), Vitamin C: 8.34mg (10.11%), Vitamin B5: 0.9mg (9.05%), Magnesium: 31.27mg (7.82%), Manganese: 0.14mg (6.87%), Folate: 27.26µg (6.81%), Vitamin K: 5.43µg (5.17%), Calcium: 43.69mg (4.37%)