



Crispy Mustard Braised Pork Belly

 Gluten Free  Dairy Free

READY IN



1860 min.

SERVINGS



8

CALORIES



1099 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 to 4 bay leaves
- ☐ 2 ribs celery sliced
- ☐ 2 cups chicken stock see
- ☐ 0.5 fennel bulb julienned
- ☐ 2 garlic cloves smashed finely chopped
- ☐ 2 tablespoons kosher salt
- ☐ 8 servings kosher salt
- ☐ 1 lemon zest

- ☐ 2 tablespoons ground mustard dry
- ☐ 2 tablespoons mustard seeds
- ☐ 8 servings olive oil extra-virgin
- ☐ 1 onion julienned
- ☐ 3 pounds pork belly fresh skinless
- ☐ 1 pinch pepper flakes red crushed
- ☐ 2 sprigs rosemary finely chopped
- ☐ 1 tablespoon sugar
- ☐ 8 servings thyme bundle
- ☐ 1 cup white wine
- ☐ 0.3 cup whole-grain mustard

Equipment

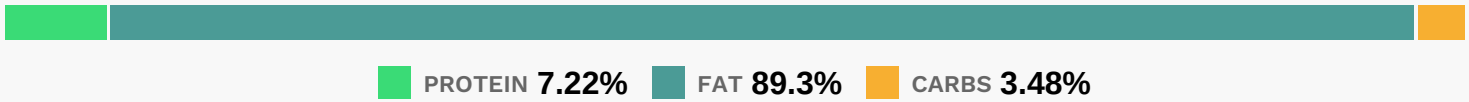
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ cutting board

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine all the ingredients in a bowl. Massage the rub all over the pork belly, then cover and refrigerate for 24 hours.
- ☐ Preheat the oven to 325 degrees F.
- ☐ Remove the belly from the refrigerator. Coat a large straight-sided pan with olive oil and put over medium-high heat.
- ☐ Add the onion, celery, fennel, and garlic. Season the vegetables with crushed red pepper and salt, to taste. Cook the vegetables until they start to soften and become very aromatic, about 8 to 10 minutes.

- ☐ Add the wine and cook for 3 to 4 minutes. Stir in the mustard and 2 cups of the chickenstock. Taste to make sure it is delicious.
- ☐ Add the pork belly and toss in the thyme and bay leaves. Cover and put in the preheated oven. Braise the belly for 6 hours, checking occasionally. If the liquid level goes down add the remaining stock.
- ☐ When the belly is done it will be very tender and succulent.
- ☐ Remove the lid and set the oven to broil. Broil the pork belly until it turns golden, about 3 minutes.
- ☐ Remove the pan from the oven and transfer the belly, from the braising liquid, to a cutting board.
- ☐ Cut the belly into 6 or 8 equal portions depending on your appetite. Arrange the pork on a serving platter and ladle the braising liquid on top.

Nutrition Facts



Properties

Glycemic Index:45.76, Glycemic Load:1.91, Inflammation Score:-8, Nutrition Score:16.819565140683%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

Nutrients (% of daily need)

Calories: 1098.59kcal (54.93%), Fat: 106.88g (164.43%), Saturated Fat: 35.15g (219.66%), Carbohydrates: 9.38g (3.13%), Net Carbohydrates: 7.39g (2.69%), Sugar: 4.48g (4.98%), Cholesterol: 124.27mg (41.42%), Sodium: 2182.75mg (94.9%), Alcohol: 3.09g (100%), Alcohol %: 1.17% (100%), Protein: 19.45g (38.89%), Vitamin B1: 0.76mg (50.63%), Vitamin B3: 9.31mg (46.56%), Selenium: 27.31µg (39.01%), Vitamin B2: 0.5mg (29.7%), Phosphorus: 267.06mg (26.71%), Vitamin B12: 1.43µg (23.81%), Vitamin E: 3.07mg (20.5%), Vitamin K: 21.22µg (20.21%), Vitamin

B6: 0.34mg (17.11%), Potassium: 562.03mg (16.06%), Zinc: 2.28mg (15.2%), Manganese: 0.28mg (14.12%), Iron: 2.1mg (11.67%), Magnesium: 39.62mg (9.9%), Copper: 0.19mg (9.29%), Vitamin C: 6.9mg (8.36%), Fiber: 1.99g (7.96%), Vitamin B5: 0.6mg (5.95%), Folate: 23.71µg (5.93%), Calcium: 52.65mg (5.26%), Vitamin A: 145.26IU (2.91%)