



Sticky slow-roast belly of pork



Gluten Free



Dairy Free



Popular

READY IN



220 min.

SERVINGS



6

CALORIES



1195 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 kg pork belly (ask your butcher to do this)
- ☐ 2 tsp unrefined sunflower oil
- ☐ 1 tsp peppercorns cracked white crushed
- ☐ 3 large onion sliced
- ☐ 2 tbsp clear honey
- ☐ 2 tsp ground cumin
- ☐ 1 to 5 chillies red deseeded chopped

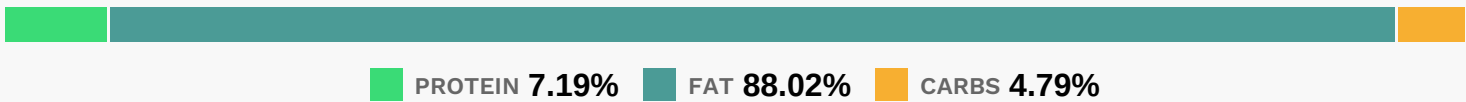
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ stove

Directions

- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Lay the pork, skin-side up, on a rack in a roasting tin. Trickle with a little oil, then lightly press on the crushed peppercorns and a sprinkling of coarse sea salt.
- ☐ Place in the oven, then cook for 1 hr.
- ☐ Remove from the oven and baste with the juices. Continue to cook for a further 1 hrs, basting every 20 mins.
- ☐ Put the sliced onions in the roasting tin under the pork.
- ☐ Mix the honey together with the cumin and chilli, brush it over the pork, then increase the oven to 200C/fan 180C/ gas
- ☐ Cook for a further 30–40 mins, basting occasionally, until caramelised with a rich, golden glaze over the pork. Once cooked and tender (this can be easily tested by piercing the flesh with a knife), remove pork from the oven, then leave to rest for 10–15 mins.
- ☐ While the pork is resting, heat the tin on the stove with the onions, adding 2 tbsp water. This will lift any residue from the pan, creating a moist cooking liquor. Season the onions with salt and pepper, then divide between 6 plates. Carve pork into 6 portions, then serve on top of the onions.
- ☐ Pour any remaining liquor over and serve with the Pumpkin mash (below).

Nutrition Facts



Properties

Glycemic Index:21.55, Glycemic Load:4.81, Inflammation Score:-3, Nutrition Score:16.06695653563%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.23mg, Quercetin: 15.23mg, Quercetin: 15.23mg

Nutrients (% of daily need)

Calories: 1194.8kcal (59.74%), Fat: 116.63g (179.43%), Saturated Fat: 42.08g (263%), Carbohydrates: 14.29g (4.76%), Net Carbohydrates: 12.61g (4.58%), Sugar: 9.34g (10.38%), Cholesterol: 156mg (52%), Sodium: 74.45mg (3.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.43g (42.85%), Vitamin B1: 0.9mg (60.15%), Vitamin B3: 10.29mg (51.45%), Vitamin B2: 0.56mg (32.76%), Vitamin B12: 1.82µg (30.33%), Phosphorus: 264.03mg (26.4%), Selenium: 17.86µg (25.52%), Vitamin C: 17.24mg (20.89%), Vitamin B6: 0.41mg (20.75%), Zinc: 2.41mg (16.09%), Potassium: 550.64mg (15.73%), Iron: 1.95mg (10.84%), Vitamin E: 1.55mg (10.33%), Manganese: 0.19mg (9.35%), Copper: 0.17mg (8.37%), Fiber: 1.69g (6.75%), Vitamin B5: 0.67mg (6.67%), Magnesium: 21.21mg (5.3%), Folate: 18.43µg (4.61%), Calcium: 37.94mg (3.79%), Vitamin A: 103.03IU (2.06%), Vitamin K: 1.47µg (1.4%)