



Twice-cooked pork belly with an onion & apple velouté

 **Gluten Free**

READY IN



270 min.

SERVINGS



6

CALORIES



1951 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tbsp coriander seeds
- 2 star anise
- 1 tbsp sea salt
- 0.5 pork belly whole for the thin half (ask)
- 1 handful thyme sprigs
- 1 handful rosemary leaves
- 700 g vegetable oil (or use lard, sunflower or vegetable oil)

- 6 curly-leaf parsley
- 25 g butter
- 4 onion finely chopped
- 2 apples i use 2 granny smith apples cored sliced
- 250 ml chicken stock see
- 142 ml double cream
- 24 carrots whole trimmed peeled thin
- 2 tbsp olive oil

Equipment

- frying pan
- sauce pan
- ladle
- oven
- knife
- blender
- aluminum foil
- mortar and pestle

Directions

- With a pestle and mortar, crush the coriander seeds with the star anise, then stir through the salt. Season the pork on both sides with the salt mix.
- Place the pork, skin side up, in an ovenproof dish that is just large enough to hold it. Scatter over the herbs, then leave overnight if you have time – see tip, below.
- Heat oven to 150C/fan 130C/gas
- Empty the goose fat into a saucepan and heat until liquid and starting to simmer. Ladle the fat over the pork; add sunflower oil to cover if you need to. Cover the dish with foil, then cook the pork in the oven, undisturbed, for 3 hrs by which time it will be very tender.
- Remove the dish from the oven and leave it to settle for 10 mins. Meanwhile, line a tray with a piece of greaseproof paper. Carefully lift the pork from the fat and pick off any herbs.

- Lay it on the paper, skin side down.
- Cut another piece of paper and lay it over the pork. Cover with a tray, weighed down with a couple of cans, and leave in fridge overnight – see tip, below.
- When you are ready to cook the pork, heat oven to 220C/ fan 200C/ gas
- Remove pork from the tray, then peel away paper. Lightly score the skin into neat diamonds with a sharp knife and trim the edges so you get a perfect rectangle.
- To cook the pork, heat a drizzle of oil in a large non-stick ovenproof pan.
- Lay the pork, skin side down, and leave for a few mins to crackle, then place the pan in the oven and cook for 20 mins.
- Remove from the oven and check to see that the skin has blistered, then carefully flip it over and cook the underside for 3 mins just to heat through. Lift to a board.
- While the pork is roasting, make the velout.
- Heat the butter in a frying pan. Cook the onions and apples for 8–10 mins until soft, but not coloured.
- Pour in the stock and simmer for 8 mins until the apples start to collapse. Stir in the cream, then simmer everything for 2 mins more. Season with salt and pepper. Carefully tip into a blender, blitz until as smooth as possible, then tip into a saucepan so its ready to be reheated.
- Boil the carrots for 2 mins in salted water, then drain well.
- Heat the olive oil, then fry the carrots with seasoning for 5 mins, tossing occasionally until starting to brown. Gently reheat the velout. You're now ready to plate up.
- Use a sharp knife to carve the pork into long slices about 2cm thick.
- Lay 2 or 3 slices on each plate, slightly overlapping. Put 3 or 4 carrots on each plate, lying all in the same direction as the pork. Spoon a puddle of velout over the end of the carrots.
- Garnish with a sprig of parsley.

Nutrition Facts

 **PROTEIN 3.19%**  **FAT 88.44%**  **CARBS 8.37%**

Properties

Glycemic Index:39.64, Glycemic Load:11.5, Inflammation Score:-10, Nutrition Score:31.458260743514%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg 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 Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 17.83mg, Quercetin: 17.83mg, Quercetin: 17.83mg, Quercetin: 17.83mg

Nutrients (% of daily need)

Calories: 1950.96kcal (97.55%), Fat: 194.88g (299.81%), Saturated Fat: 48.24g (301.5%), Carbohydrates: 41.53g (13.84%), Net Carbohydrates: 31.52g (11.46%), Sugar: 22.36g (24.84%), Cholesterol: 118.73mg (39.58%), Sodium: 1465.63mg (63.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.8g (31.6%), Vitamin A: 41361.64IU (827.23%), Vitamin K: 268.73µg (255.94%), Vitamin E: 12.73mg (84.85%), Vitamin B1: 0.68mg (45.19%), Vitamin B3: 8.54mg (42.68%), Fiber: 10.01g (40.05%), Potassium: 1253.76mg (35.82%), Vitamin B6: 0.64mg (31.77%), Vitamin B2: 0.54mg (31.7%), Vitamin C: 25.06mg (30.37%), Phosphorus: 267.7mg (26.77%), Manganese: 0.5mg (25.22%), Folate: 68.25µg (17.06%), Vitamin B12: 1µg (16.62%), Selenium: 11.6µg (16.57%), Zinc: 2.09mg (13.9%), Calcium: 136.09mg (13.61%), Magnesium: 51.89mg (12.97%), Copper: 0.25mg (12.71%), Iron: 2.08mg (11.57%), Vitamin B5: 1.16mg (11.57%), Vitamin D: 0.38µg (2.54%)