

ROASTED PORK BELLY

INGREDIENTS

1 kg pork belly
3 medium onions
3 teaspoons salt flakes or sea salt
5 tablespoons olive oil
3 star anise

For the sauce

1/2 cup brown sugar
1/2 cup red wine vinegar
3 star anise
1/2 cinnamon stick
pan juices
juice from 1 orange
3 slices of orange peel
1 cup chicken stock



PREPARATION

Place sliced onions with skin on at the bottom of a roasting dish. Score the fat of the belly and rub olive oil, salt and pepper on top. Place the star anise in the pan and place in oven. Set to combination steam Convection 320 degrees with 70% humidity for 2.5 hours.

Second stage is convection 375 degrees with 60% humidity for 30 minutes.

Let the meat rest for 20 minutes before cutting. Put all the pan juices in the sauce for added flavour.

Bring the ingredients to a boil and cook for 10 minutes. Simmer for 1 hour.

Serve with fresh spinach salad and roasted squash.