

CRISPY CRACKLING PORK BELLY WITH APPLE CABBAGE SALAD

SERVES 6



PORK

- 1.2 kg pork belly ¹
- 1 tbsp sea salt
- 1 tbsp extra virgin olive oil

APPLE CABBAGE SALAD

- 1 green apple, cut into thin matchsticks
- 2 cups finely shredded cabbage
- ½ cup mint leaves, roughly torn
- ½ cup coriander leaves
- 1 long red chilli, deseeded, finely chopped
- 3 tsp fish sauce
- 2 Tbsp lime juice
- 2 tsp caster sugar

METHOD

Pat dry pork belly with paper towel. Take a very sharp knife and cut lines across the pork skin about 1 cm apart. Cut through the skin and but only a couple of millimetres into the fat underneath. Rub the skin with salt and olive oil, making sure to rub salt into the cuts. Sit pork belly on a baking tray and chill in the fridge (uncovered) for at least 2 hours (overnight is even better).

Preheat oven to 220°C

Put salted pork belly into the hot oven for 15 minutes. Turn the oven down to 200°C and roast for 1 hour, by which time the pork belly skin should have magically turned to crispy crackling.

Slice and dice all the ingredients for your apple cabbage salad but don't toss them together until you're ready to serve. Keep the apple soaking in water and a dash of lime juice to keep from browning. Make salad dressing by whisking together the fish sauce, lime juice and caster sugar.

Toss together the salad ingredients while the pork is resting. Divide pork into 6 portions and serve with apple cabbage salad.

¹ It's important to buy the best quality pork you can for this dish. Look out for pork cuts from a breed of pig called 'Berkshire'. It's also important to look for pork belly that has a good layer of meat and only a thin layer of fat.