

Crispy pork belly with stir-fried vegetables

Once you get the pork belly crunchy, it stays crunchy. So, if you like to throw some crunchy diced pork through a salad, cooking enough of this so you have leftovers means that tomorrow's lunch is waiting for you in the fridge.

Serves	4
Prep time	20 minutes
Cooking time	1½ hours
Carb count	7.1 g per serving, including vegetables

EQUIPMENT

Chopping boards, knives, oven tray with wire rack, pot, hand blender

INGREDIENTS

1 kg free-range pork belly
 15 ml (1 tbsp) tamari (gluten-free soy sauce)
 5 ml (1 tsp) sesame oil
 5 g (1 tsp) Chinese five spice
 2 whole bulbs garlic, halved
 500 ml (2 cups) water
 125 ml (½ cup) white wine
 1 recipe Stir-fried vegetables (page 141)

Sauce

250 ml (1 cup) cooking liquid from the pork
 45 ml (3 tbsp) tamari (gluten-free soy sauce)
 15 ml (1 tbsp) fish sauce
 10 g (5 cm piece) fresh ginger, peeled and crushed
 50 g (⅓ cup) black sesame seeds

METHOD

Preheat oven to 220°C. Rub the pork belly flesh with the tamari, sesame oil and five spice – being careful not to get it on the skin, as it might burn. Place the garlic on the wire rack on the baking tray, place the pork on top of the garlic, skin side up, and roast them in the hot oven for 12–15 minutes. Then reduce the temperature to 170°C, and add the water and wine to the tray beneath the pork. Continue cooking for 1–1½ hours until the pork meat is able to be pulled apart easily. Transfer the pork to a chopping board to rest.

To make the sauce, measure the pork cooking liquid into the pot, bring to the boil and reduce by two-thirds. Push the now-soft garlic cloves out of their skins and into the liquid, and add the tamari, fish sauce and ginger. Quickly blitz the sauce with a hand blender to purée the garlic and help emulsify the fats with the liquids, which will thicken the sauce slightly. Stir in the sesame seeds and transfer to a pouring jug. Prepare the stir-fried vegetables as on page 141.

Lift the crispy skin off the pork and cut pieces of the meat to serve. Crunch the skin over the meat and serve with the vegetables and sesame-seed sauce.

