

Roast Pork Belly with Spiced Apple Sauce

Ingredients

Pork Belly
Sea Salt

Method

Preheat your oven to full whack, it needs to be at least 220°C/425°F/gas 7.

Place your pork on a clean work surface, skin-side upwards. Get yourself a sharp knife and make scores about a centimeter apart through the skin into the fat, but not so deep that you cut into the meat. Rub salt right into all the scores you've just made, pulling the skin apart a little if you have to. Brush any excess salt off the surface of the skin and turn it over. Season the underside of the meat with a little more salt and a little black pepper. Place your pork, skin side-up, in a roasting tray big enough to hold the pork, and place in the hot oven.

Roast for about half an hour until the skin of the pork has started to puff up and you can see it turning into crackling. Turn the heat down to 180°C/350°F/gas 4 and roast for another 2 hours. By this time the meat should be meltingly soft and tender. Carefully move the meat to a serving dish, cover with tin foil and leave to rest.

Serve the pork with the crackling, some spiced apple sauce (recipe available) and some nice fresh greens.

