



JIM'S SCRIPT RECIPE MATCH

— IAIN'S MIDDLE EASTERN PORK BELLY —



INGREDIENTS

- 1.5kg Pork belly
- Middle Eastern Herbs & Spices
- Sea Salt • Olive oil
- 1 cup of Fox Creek Sauvignon Blanc
- Zest of 1 Orange & 1 Lemon
- 2 large Onions (sliced)
- 2 large Apples (cubed)
- 2 medium Fennel Bulbs (quartered & sliced length ways)
- 1 medium Sweet Potato (cut in to wedges)
- 4 cloves fresh Garlic (crushed)
- Couscous
- Fresh Coriander

METHOD

1. Pre heat oven to 120 C
2. Score pork belly skin in diamond pattern
3. Rub salt into skin & the herbs & spices well into the pork meat.
4. Add olive oil to pre heated large cast iron pot.
5. Place pork in pot, skin side down.
6. Cook on stove top on for 10 minutes or until skin crackles. (Being careful not to burn)
7. Remove from stove top.
8. Cover pork with onions, garlic, sweet potato, fennel, apples and zest.
9. Add wine.
10. Place in oven and cook for 1 hour with lid on.
11. After 1 hour turn pork skin side up with vegetables below and cook with lid on for a further hour at 100 C or until tender.
12. When tender, remove lid and place under grill until the skin crackles. (or you can remove the skin and grill separately)
13. Delicious served with couscous and fresh coriander.