



CRISPY PORK CRACKLING

WITH GARLIC RICE, & CUCUMBER

KIM CHI SALAD

Crispy Pork Belly

Yield - 2 5oz Portions

Prep Time 15min

Cook Time 2.5 hrs

Ingredients

- 16oz slab of skin on Pork Belly
- 3 Tbsp of Mister G's - Asian Pork Rub - See last Page
- 1/2 tsp of Kosher Salt
- 1 TBSP white vinegar
- 2 TBSP Canola or Peanut Oil

M.E.P

Equipment to Prepare:

- 2 Sheets of Tinfoil - about 8-10" in size
- Baking tray lined with a seperate sheet of tinfoil
- Small Pastry Brush

Step One:

Place the porkbelly skin side down on your cutting board. Take a sharp knife and slice the meat about 3/4's of the way into the meat, on an angle. Repeat slicing on a bias for 4 more times. Repeat this step again going perpeniducular to the first cuts...

Method

- Season the meat with salt, pepper and spice mix
- Place the pork belly onto the tinfoil sheets and build your tinfoil 'boat' (see video for visual)
- Fold up all sides, making sure the top / skin is exposed, while creating a barrier and wall to protect the meat.
- Brush the top of the skin lightly with white vinegar and shake on the kosher salt.
- Place in the oven at 300F for 2hrs

After 2hrs is up, remove from oven and brush the skin with canola oil. Turn the oven up to 450F and place pork back in the oven for 15 min. Keep a close eye on it at this stage. Watching for the skin to slightly crisp.

After 15min, Turn the broiler setting to high and place the pork belly on the middle rack in the oven. At this point, don't leave the oven. You can also watch it with the door open at this stage. This is when you will see the skin rapidly puff up and crackle / crisp. You might see some puff up the middle first, or you might see some puff at the edges first. Have a oven rag/ mit ready to adjust and move unpuffed section to the appropriate 'hot spots' in the oven, to achieve an even crisp.

Once evenly crisped, remove and let rest for 15min.

Substitutes

Suitable Oils for the Recipe;
Canola, Avocado, Peanut, Grapeseed

Suitable vinegars for the Recipe; Apple cider Vinegar.
Avoid anything dark (red wine vinegar or blasamic,
this will taint the colour of the end result)

Flavorful additions

Spice additions:

- Add 2 TBSP of your favourite spice mix to the meat to achieve of whatever flavour you are craving. For Example: If you want crispy pork belly tacos, add some chilli powder. For something Mediterranean, herbs like basil, oregano and acidic additions like lemon zest and orange juice are great to.

Where to use it

Crispy Pork Belly is a versatile protein that fits into almost any cuisine. We love adding it to a bun with some spicy dijon mayo and and chopped herb gremolata. This Makes for a fantastic italian style Porchetta sandwich. It also goes well with a bed of rice with a any sweet soy / teriyaki sauce you have in the fridge.

Asian Spice Rub

- 5 TBSP Brown Sugar
- 4 TBSP Kosher Salt
- 3 TBSP Cracked Black Pepper
- 2 TBSP Chinese 5 Spice
- 1 TBSP Garlic Powder

Mix all ingredients together and store in a airtight container

Also great for BBQ ribs or grilled chicken. Keep in the cupboard for another recipe later on.

Cucumber Kim Chi Salad

- 1 Cucumber thinly sliced tossed with 1 Tbsp of Kosher Salt
- 3 TBSP Rice Wine Vinegar - We like Black Garlic Vinegar*
- 2 TBSP Sesame Oil
- 1 tsp of White Sugar or 1 TBSP of Mirin
- 1 Bunch of Green Onions, Thinly Sliced
- 1 tsp of Minced Ginger on Microplane
- 1 tsp Mince Garlic on Microplane
- 1/4 Red Onion, Thinly Sliced
- 1/4 Cup Prepared Kim Chi and 3 Tbsp of Kim Chi Marinade -
- 1 TBSP Toasted Sesame seed and 1/2 tsp of chili flakes for garnish

Keep Cucumber in seperate bowl an whisk remaining ingredients together, and and pour over cucumbers when ready to serve.

Gladstone Glaze

- 4 TBSP Ketchup
- 4 TBSP Brown Sugar
- 3 TBSP Soy Sauce
- 2 TBSP Gladstone Original
- 1 TBSP Minced Garlic - On Microplane
- 1/2 TBSP Minced Ginger
- 2 Green Onions, Sliced.

Mix all ingredients together in a small pot / pan and bring to simmer for 2 min. Keep Warm and serve ontop of sliced pork belly.