



Twice-cooked Belly Pork on Pumpkin Mash

INGREDIENTS

- 1kg Pork Belly
- ¼ cup hoisin or oyster sauce
- 1 teaspoon grated fresh ginger
- 1 clove garlic, crushed
- ½ teaspoon ground cumin
- ½ teaspoon chilli paste (optional)
- 1 tablespoon toasted sesame oil
- 1 cup water
- Salt
- 2 Tablespoons sesame oil

METHOD

1. Place the sauce, ginger, garlic, cumin, chilli, first measure of sesame oil and water into bottom of slow cooker or large frypan and stir to mix.
2. Place the belly pork on top, skin side up, ensuring top is not submerged
3. Cook in slow cooker for 8 hours or bring frypan to simmer and simmer on lowest heat possible for 2 hours.
4. Remove from the slow cooker or pan, allow to cool, then place in resealable plastic bag.
5. Place in fridge with tray on top weighted down and leave until required next day.
6. Preheat oven to 200°C
7. Place pork on roasting tray, score with a sharp knife and rub in salt and oil.
8. Cook until the crackling crackles and the pork is heated through.
9. Allow to rest for 10 minutes before carving and serving with creamed pumpkin and steamed Asian greens or a crisp green salad

Serves 4

Hints/Tips

This is a great idea for Easter Sunday special dinner- you can prepare it ahead and then it only takes 30 minutes on the day. Chefs often cook the belly first in a very low oven overnight- then weight it down in the refrigerator until required and then put it into a very hot oven to heat through and until the skin crackles. I am not advocating an all night oven cook but you can replicate this using a slow cooker for the first stage or simmer very gently in a large fry pan for two hours. This really is a crowd pleaser.

1. Creamed Pumpkin – boil peeled pumpkin pieces with salt, ½ teaspoon each ground cumin and grated fresh ginger until soft. Mash with a potato masher. Beat in 2 Tablespoons each butter and cream
2. Keeping the first cooking temperature low and slow means that the pork does not shrink or curl and looks good when serving.

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