

The Ducane Belly Pork Recipe

Ingredients to cook the belly

Allow 250g of pork belly per person this should be de boned and cut from the thickest part of the belly. We buy ours from Wicks manor farm but any decent butcher should be able to help.

1 carrot (peeled cut into large dice)

1 leek (split lengthways and chopped into large pieces.

1 onion (peeled and cut into dice roughly the same size as the carrot and leek)

1 stick celery (chopped into a large dice)

2 bay leaves

1 Red chilli

Small bunch of thyme

3 cloves of garlic

10 peppercorns

1 blade of mace

½ bottle of dry cider

25g granulated sugar

6 juniper berries

Small bunch of rosemary

Method

1. Place all the ingredients into a deep roasting tray or oven proof dish.
2. Bring to a simmer on the top of the stove
3. Add the pork belly with the skin facing upwards
4. The liquor should barely cover the belly
5. Once the liquor and belly are simmering cover with tin foil and bake in a slow oven at 150-180 degrees for about two and a half hours.
6. Remove the tin foil and check after two and a half hours the flesh should be tender and the fat on top should be soft and rendered. If not replace in the oven until tender.
7. If you wish to serve the belly as we do in the Ducane remove carefully from the liquor whilst still hot using a slotted spatula and lay on a sheet of Clingfilm, wrap the cooked belly with more cling film until well sealed place on a clean tray and place another clean tray on top, place weights or tin cans on top and allow to press and cool in the fridge overnight.

8. Once fully pressed and set firm in the fridge remove cling film and cut into portion pieces. Pan fry skin side down in a heavy bottomed frying pan in vegetable oil until the belly starts to sizzle add a knob of butter and a sprinkle of salt and pepper, without turning over place the pan in a very hot oven 200-250 degrees and roast for about 15-20 minutes. Remove pan and with a palette knife carefully lift the belly off the pan the skin should be very crispy if not return to the oven skin side up until crackling is formed.
9. Season with salt and pepper, and place on kitchen roll to absorb the fat and serve.

Alternative serving up to step 6 above

1. Once the belly is tender remove the foil and tip out any remaining liquor into a sieve and strain the juices into a bowl.
2. Replace the belly into the oven and turn up the heat to 200-250 degrees allow to roast until the fat turns to crackling.
3. Once crispy remove from the tray and serve or carve onto warm plates.

The Sauce

Ingredients

1 tbs vegetable oil

½ bottle of full bodied red wine

2 shallots chopped

Small bunch of sage (chopped)

1 clove of garlic

2 tbs honey or redcurrant jelly

Reserved cooking liquor 300ml or 300ml of good beef stock.

1 bramley apple (peeled cored and chopped into pieces)

Method

1. In a heavy bottomed saucepan place the oil and heat until hot enough for frying.
2. Add the sage, shallots, garlic and apple and fry until lightly coloured.
3. Add the red wine and reduce over a high heat until syrupy
4. Add the honey or redcurrant jelly, allow to boil and add the stock or liquor.
5. Reduce to a rich sauce is achieved, correct the seasoning and strain with a fine sieve.
6. Serve with the pork belly.

I hope this is of use you have picked a really tricky dish to prepare if you do use our method in cooking and pressing the belly be very careful of pan frying as the belly tends to spit whilst cooking. If you require any further assistance please email eat@theducane.co.uk .

Happy cooking, Jonathan