

CRISPY KOREAN SWEET AND SPICY PORK BELLY, STIR-FRY NOODLES AND STICKY SATAY SAUCE

INGREDIENTS

Pork belly

500g pork belly, ribs removed & oven ready by your butcher

1g sea salt

1g Rosemary

1g Thyme

Parsley

Ground white pepper

Cracked black pepper

2 garlic cloves, crushed

200g onion peeled & chopped

2 Bay leaves

10ml rapeseed oil

Mirepoix of vegetables- 1 carrot/ 1 stalk celery/ 1/2 onions/ 1/4 leeks

1.5L Chicken Stock approx.

Korean Glazed

50g Gochujang pack

30g Honey

5g White miso paste

3ml Soy sauce

1 clove Garlic puree

Noodles

200g Noodles

20ml oil

10ml Light soy sauce

10ml Teriyaki sauce

½ red, yellow, green peppers (Julienne)

½ Carrots (Julienne)

1 chilli (finely diced)

5g Ginger (diced)

2 Garlic bulbs (crushed)

Satay sauce

1 Shallot

2 cloves garlic

1 tablespoon Ginger

1 Red chilli

2 teaspoons Olive oil

1 teaspoons Coriander

1 tablespoons Soy sauce

1 teaspoons Lime juice

1 tablespoons Tomato paste

150ml coconuts cream

1 teaspoons Turmeric

Salt and pepper

120g sunflower seeds



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METHOD

Pork belly

01. Blend all ingredients together.
02. Rub the marinade into the flesh side of the belly, cover with cling film and allow to marinate for at least 2 hours or up to 12 hours in the fridge.

To cook in the oven

01. Preheat the oven to 150°C.
02. In a large ovenproof roasting pot with a lid, place the mirepoix of vegetable on bottom and pork belly on top (skin side up). On a high heat, add the stock to cover and bring to the boil.
03. Cover with a lid, cartouche and transfer to the preheated oven for 3 hours.
04. Remove from the oven and check to see if you can push the blunt handle of a tablespoon through the belly to see if it is cooked.
05. Allow to cool and chill in the fridge, pressed between 2 oven trays with a weight on top overnight.
06. Remove from the fridge, trim and portion
07. Pan sear, skin side, on a hot pan until crispy.
08. Brush with Korean glaze and heat in oven, until above 75°C, approximately 8 minutes.

Stir fry noodles

01. Place noodles in boiling water for 4-5 minutes and then drain.
02. Heat wok with oil. Add garlic, ginger, peppers and carrots to hot wok and stir fry for 3 minutes.
03. Add noodles, soy sauce and Teriyaki sauce and stir fry for another 2 mins.

Korean Glaze

Mix all sauce ingredients and place in saucepan on a high heat until the sauce is combined and thickened (about 2-3 mins).

Satay sauce

01. 1. Fry the shallots, garlic, ginger and chilli in the oil for 2-3 minutes until fragrant and starting to colour.
02. 2. Add the remaining ingredients and cook for a few minutes and then remove from the heat. Don't worry if it looks grainy or oily, the next step will fix that.
03. 3. Tip the cooked ingredients into a food processor or blender and blitz well until smooth. If you want a completely lump-free sauce, pass through a sieve into a clean, sterilised jar. If you prefer a thinner sauce, simply add coconut milk or water. You can also swap the coconut cream for 50% coconut cream and 50% coconut milk. This sauce will keep in a sealed jar in the fridge for up to two weeks.
04. Assemble