



Twice Cooked Belly of Pork

This recipe is based on Gordon Ramsay's Pressed Belly of Pork in his book 'Sunday Lunch'.

700g pork belly
sea salt and ground black pepper
Olive oil
1 head of garlic
A handful of thyme
Lemon zest from ½ a lemon
125ml of white wine or chicken stock

Heat the oven to 160°C.

Put the pork, skin side down on a board and season with the salt and pepper.

Turn the pork over and rub with olive oil

Break the garlic cloves up and scatter on the bottom of the baking tray, then scatter over the thyme and lemon zest

Lay the pork belly on top skin side up

Add the wine to the bottom of the pan and cover with foil.

Put in the oven for 1 ½ hours, remove the foil and bake for another 45 minutes.

Baste during the cooking process with the juices from the bottom of the pan.

Put the pork in a clean roasting tray to cool and place another tray on top.

Weigh it down with some tins so the pork flattens.

Allow it to cool and leave overnight in the refrigerator

Heat the oven to 240°C. Cut the pressed pork into individual portions (squares) and pat the skin dry with some kitchen towel. Drizzle with some olive oil and sea salt and place in the oven for 15 minutes. Rest for 15 minutes and serve. You might like to make a light gravy to accompany this too.



Slow Roasted Shoulder of Pork

There are so many recipes for slow roasted pork shoulder. This one is based on Slow Roasted Shoulder of Pork from The River Café Cookbook Two. The shoulder joint is perfect for long, slow cooking and although it takes longer you will be rewarded with meltingly tender roast meat.

1 shoulder of pork (about 2 kilos)
10 peeled garlic cloves
100g fennel seeds
Sea salt and freshly ground black pepper
1 teaspoons of dried chillies
juice of 5 lemons

1 glass of white wine

3 tablespoons of oil

Preheat the oven to 230°C. Crush the garlic and mix with the fennel seeds, salt, pepper and chilli to taste. Rub and push the mixture over the shoulder joint, particularly into the scored skin. Lace the shoulder in a pan and roast for 30 minutes until the skin begins to crackle. Turn the shoulder over, pour over half the lemon juice, white wine and 3 tablespoons of oil. Turn the oven down to 120°C and leave the meat to roast either all day or overnight (around 8 hours but longer if you like). Turn it over occasionally and baste with the extra lemon juice. The shoulder is ready when the meat is completely soft under the skin.