

Rita du Plessis and Edward Chomse – TEAM 7

Roasted Pork belly served with garlic and carrot pomme puree and a prune and apple chutney sauce



INGREDIENTS

Ingredient	Amount	Unit	Remark
Pepper	5	ml	
Cream	40	ml	
Sugar	50	g	
Water	30	ml	
Honey	15	ml	
Cinnamon	10	ml	
Pork Belly	250	g	
Olive oil	40	ml	
Maldon sea salt	15	ml	
Potato	1		peeled
Salt	5	ml	
Prunes	100	grams	
Garlic Cloves	3		peeled
Carrots	2		
Butter	10	ml	
Apple	1		large

METHOD:

1. Cut the pork belly in a straight rectangular shape
2. Cut the top of the skin in small square shapes
3. Put a bit of olive oil in a baking tray and put the pork belly in the tray and through over coarse salt
4. Bake in a pre-heated 180 degrees oven until pork belly is cooked and the crackling is nice and crispy and golden brown
5. Carrot and pomme puree
6. Peel the potatoes and the carrots

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