

ROASTED PORK BELLY

Time: 4 hours

Serves: 12

Ingredients:

4 cups water
3 tablespoons kosher salt
3 pound piece of skin-on pork belly
¼ cup balsamic vinegar (ideally black mission fig)

Preparation:

Dissolve the salt in the water to make a brine. Place the pork belly in a zipper seal bag and pour in the brine. Remove as much air from the bag as possible, seal and refrigerate overnight.

Preheat the oven to 300F.

Discard the brine and rinse the pork belly under cool, running water.

Score the skin of the pork belly in a crosshatch pattern.

Place the belly skin side up in a shallow roasting pan. Baste the skin with the vinegar, getting plenty into the scoring.

Roast the belly for three hours then, turn oven to 450F and roast until skin is crispy (about 20 minutes).

Remove from oven and let rest for ten minutes. Slice and serve immediately.

Nutritional Information Per Serving:

Calories: 587
Fat: 60g
Carbs: 0g
Fibre: 0g
Protein: 11g