

PERFECT PORK BELLY

Time: 1 hour and 45 minutes

Serves: 10

Ingredients:

1kg skin-on pork belly
10g kosher salt
2g garlic powder
2g fresh ground black pepper
1g ground fennel
1g ground rosemary
1g ground sage

Preparation:

Preheat your oven to 165C.

Score a cross-hatch pattern in the skin of the belly.

In a small bowl, combine all remaining ingredients.

Sprinkle the spice mixture onto both sides of the belly and rub it, getting some into the skin scores.

Place the belly skin-side up on a baking sheet or roasting pan without rack and roast until the skin is crispy and the internal temperature is 63C (approximately ninety minutes).

Cut into squares and serve.

Nutritional Information Per Serving:

Calories: 389
Fat: 40g
Carbs: 0g
Fibre: 0g
Protein: 7g