

HERB STUFFED 'PORCHETTA' WITH BRAISED SWEET ONIONS

Belly pork 2kg boneless piece
Rosemary, parsley and sage 3 good handfuls, chopped
Fennel seeds, 3tsp crushed
Garlic, 8 cloves, finely chopped
Olive oil
Small sweet onions, 24
Bay leaves, 3
Rosemary, 2 sprigs
Balsamic vinegar, 2 tbsp
Meat stock (fresh, cube or concentrate made up to 600ml)

Heat the oven to 160C/fan 140C/Gas 3. Lay the pork skin side up and stab or score it all over lots of times piercing the skin, not the meat. This will guarantee good crackling. Rub the skin with salt and pepper, then turn over, flesh side up and season. Mix the fresh herbs and fennel with two thirds of the garlic and 3 tbsp of olive oil, then smother over the meat. Roll up and secure with string. Put in a roasting tray, rub the skin with olive oil, loosely cover with foil and roast for 2 hours. Turn the oven up to 220C/fan 200C/gas 7. Roast for 45 minutes, turning every 15 minutes until you have a crisp crackling. Leave to rest for 20 minutes before slicing.

Meanwhile scoop a little fat from the pork roasting tray and put into a shallow pan (one that you can find a lid for). Fry the onions with some seasoning until they begin to brown, then add the bay and rosemary and remaining garlic and fry a little longer. Pour in the balsamic and bubble up, shaking the pan to coat the onions with the goo, until almost all evaporated. Pour in the stock, enough to just semi-submerge the onions, and bubble up. Cover, turn down the heat and gently braise until tender and sweet – about 20 minutes. Serve with the pork.

Serves 8.