

Slow roast belly of pork

1 whole belly of pork
2 onions
4 carrots
6 celery stalks
White wine
Maldon sea salt
Dried oregano
Cracked white pepper corns

1. With a very sharp knife score the skin on the pork diagonally one way and then the other so that there is a diamond pattern in the skin. (Do not cut too deep)
2. Rub the skin with some Maldon sea salt, cracked white peppercorns and a little oregano
3. Then rub the skin with some olive oil
4. Peel and wash the vegetables and cut into large chunks
5. Place the vegetables in a large roasting tin and then place the pork, skin side up on top
6. Place in the oven, gas mark 5 for about 4 hours so that the fat renders down and the skin becomes crispy. If the meat is cooking too fast and the skin is colouring too much then turn the oven down or up if the reverse.
7. Half way through add a third of a bottle of white wine to the tray
8. When the meat is cooked take out of the tray and leave to rest
9. Add some water to the tray and pour into a sauce pan, skim off the fat with a ladle
10. Pull out the rib bones from the pork and add to the gravy, simmer for a while and then strain the gravy into another saucepan
11. Thicken the gravy with a little diluted cornflour
12. Cut the pork into portions and serve
13. The pork portions will freeze very well. If you want to freeze some of the gravy then do not add the cornflour to it but add it to the gravy after defrosting.