

SOUTHERN BARBECUED BELLY OF PORK

Handful of fresh bay leaves
2 tsp rock salt
1 tbsp smoked paprika
3 tsp ground cumin
1 tsp ground coriander
1 tsp freshly ground black pepper
2 kg pork belly in one piece skin removed
Seeded and chopped red chillies, fresh coriander and olive oil to serve.

Preheat oven to 180C/fan 160C/gas 4.

Bash the bay leaves and salt in a pestle and mortar until the salt turns green. Pick out any strands then add the rest of the spices and pepper. .

Rub the pork with the spice mix and a little oil. *(n.b. I also add some finely chopped fresh red chilli here as well because we like it to have a bit more of a bite)*. Put it into a snug-fitting roasting tray. Cover the tray tightly with foil and put in the oven for 2 hours. Light the Barbie after the pork has had 1 hour in the oven *(if not using a gas one!)*.

After 2 hours your pork should be tender and flavoured with all the wonderful spices.

Lift it out of the roasting tray with tongs and drop it straight on to the Barbie. It will crackle and drip fat on to the coals, so don't worry if you see a few flames. Turn the pork over and move it around the grill now and then for 10-15 minutes to crisp up the surface.

Serve in thick slices with fresh chilli, coriander and a few lugs of olive oil.

(You don't have to put it on the Barbie just remove foil and turn the oven up high to crisp the surface)