



## Seasonal Recipes from Fountains Abbey

### October Seasonal Recipe

#### Slow Roasted Pork Belly with Roasted Apples and Pears

##### Ingredients

- 1 kilo boneless skinned belly pork (ask your butcher to bone and skin it for you)
- 1 large onion peeled and chopped
- 2 apples
- 2 pears
- Fresh rosemary
- Mashed potatoes

##### Method

1. Soak the pork belly in cold water for an hour changing the water 4 or 5 times, (this will help moisten the meat and make it taste 'clean' and fresh) lift it out and pat it dry, drizzle with oil and sprinkle with salt. Now leave it for 10 minutes while you get on with the pears and apples to allow the salt time to work its way into the meat.
2. Cut the fruit into quarters and remove the cores, then cut in half again. Lay these in a deep roasting tray along with the onion and fresh rosemary.
3. Sit the pork on top and rub in the salt and oil so it is well covered, then put it in a medium heat oven (140oC) for an hour and a half. Then pour in a jug of water and turn up the oven to 180oC for another 45 minutes.
4. When it is done, take it out and leave to cool for 20 minutes. It should be soft to the touch and golden brown in colour.
5. Now transfer the pork into another roasting tray, remove the apples and pears to the fridge and pour all the juices into a small saucepan.
6. Place a tray on top of the pork and weigh it down, then leave it in the fridge for 3 hours. This will compact the fat and meat, making it easier to portion.
7. to serve, take the pork out of the fridge and cut into 4 equal squares. Heat some oil in a pan and gently fry fat side down, for 3 minutes. Turn over and add the pears and apples to the pan. Place in the oven for 20 minutes, put the pan of juices on the stove and reduce by about half. This intensifies the flavour and thickens the sauce.
8. Remove the pork and leave to rest. Carve each piece into 3 or 4 thick slices, sit them on the mashed potatoes and scatter the roasted fruit. Pour the reduced juices into the pan you have just taken the pork out of, mix well to capture all the flavours in the pan then drizzle over the pork.
9. Serve with honey roasted parsnips and carrots.

