flat pork belly

roast

cooking time from: 2 hours

method

Remove the joint from the chiller & scald the rind by pouring over a full kettle of boiling water onto the skin over a clean sink with the pork resting on a wire tray, pat dry then season with salt.

Pre heat the oven to 160°C fan-assisted or 180°C without a fan (gas 4).

Roast for 1 hour then an additional 20 minutes for every 500g.

Next increase the oven temperature to 210°C fan-assisted or 230°C without a fan (gas 8) & continue to roast for a additional 25 minutes until the meat is tender, the skin crisp & the core temperature reaches 70°C before resting.

Leave to rest for 20 minutes in a warm place before carving.

The core temperature is measured from the centre of the meat. For perfect cooking and measuring internal temperatures, we recommend a 'Meater+ Wireless Thermometer'. Available in our pantry now.

Whilst I personally develop, try and test all our recipes and cooking guides, heritage breed animals can vary immensely, therefore cooking times are a guide only. Please ensure all products are cooked through and hot before serving. Enjoy!

Jeff Baker

Executive Development Chef

serving suggestions

Serve with roast potatoes & braised red cabbage.

for best results, roast this cut

Core Temperatures	Out of the Oven	After Resting
Medium	58-60°C	62-65°C
Well Done	65-68°C	72-75°C

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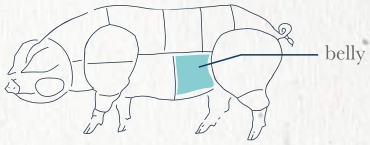

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