dry cured pork belly with sea salt and muscovado

roast

cooking time from: 1½ hours

method

Remove the joint from the fridge, pat dry and bring to room temperature.

Preheat your oven to 180°C for fan-assisted or 200°C for ovens without a fan (gas 6).

Place the pork skin side up in the centre of the oven and roast for 20 minutes then an additional 20 minutes per 500g to reach a core temperature of 65°C.

Remove from the oven, place on a clean tray and keep warm by covering with a sheet of foil.

Rest for a minimum of 30 minutes before carving.

serving suggestions

Serve with Puy lentils, parsley and mustard or cold as part of a buffet.

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

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!

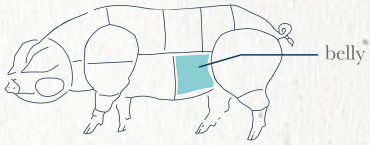
Jeff Baker

Executive Development Chef

eat better meat™

Explore our wide range of innovative and forgotten cuts and choose the breed that best suits your palate at

farmison.com/our-meat



Share your kitchen creations with #eatbettermeat

farmisonuk