



PRESSED PORK BELLY

Try this technique for cooking pork belly. This way you can do all the prep work well ahead of time so you only need 10 minutes finishing the dish.

Ingredients

Good quality pork belly (from Havoc Pork)

Herbs, spices of your choice –

Stock – not too strong – vegetable or light chicken, or a medium white wine

Method

- Score and salt the skin.
- Rub in some herbs and spices.
- Place belly in an oven dish along with either wine or stock. Do NOT cover the skin with liquid or it will not crisp.
- Cover the dish with tinfoil and place in 100degree oven for 3 hours.
- Remove from oven and place something flat on top of it to press it down
- Let the belly cool, slice into portions then fry in pan until crispy.

EYE FILLET MEDALLIONS

Ingredients

1 eye fillet of pork

Pancetta – enough to wrap each slice of steak

Handful of olives

Thyme

Method

- Blitz olives with some thyme rub all over your whole eye fillet.
- Place in fridge until last minute.
- Remove from fridge - slice into 25mm medallions and wrap in Pancetta
- Fry in hot pan with butter. DO NOT OVERCOOK.
- These will cook fast - **1 ½** minutes for one side, and **1** minute for second side.
- Allow to rest for a few minutes before eating – as a rule of thumb, rest meat for as many minutes as it took to cook.