



READY TO COOK
BY HARRIS FARM

PORK BELLY WITH PLUM GLAZED PEARS AND CABBAGE



PREP
15 min



COOK
2½ hrs



SERVES
4

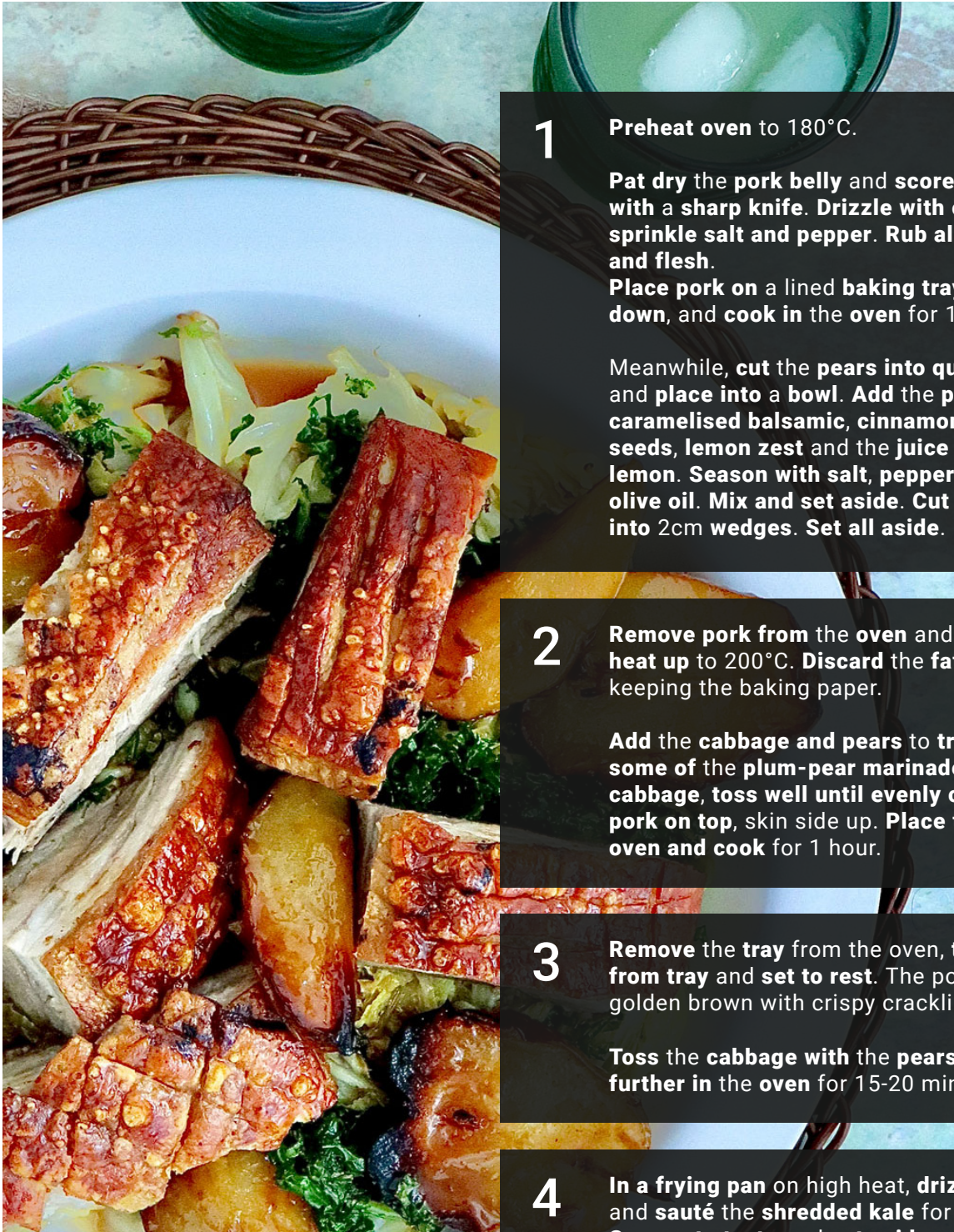
INGREDIENTS:

- > 700-900g Pork Belly
- > 4 Corella Pears
- > ¼ Savoy Cabbage
- > 210ml Plum Sauce
- > 150g Shredded Kale
- > 1 Lemon

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > 1 Tbsp Caramelised Balsamic
- > 1 Pinch Ground Cinnamon
- > 1 Tsp Fennel Seeds
- > Olive Oil
- > Salt and Pepper

METHOD – GET COOKING!



1

Preheat oven to 180°C.

Pat dry the pork belly and score the skin with a sharp knife. Drizzle with olive oil and sprinkle salt and pepper. Rub all over skin and flesh.

Place pork on a lined baking tray, skin side down, and cook in the oven for 1 hour.

Meanwhile, **cut the pears into quarters and place into a bowl. Add the plum sauce, caramelised balsamic, cinnamon, fennel seeds, lemon zest and the juice of half a lemon. Season with salt, pepper and a dash of olive oil. Mix and set aside. Cut the cabbage into 2cm wedges. Set all aside.**

2

Remove pork from the oven and turn the oven heat up to 200°C. Discard the fat from the tray, keeping the baking paper.

Add the cabbage and pears to tray. Drizzle some of the plum-pear marinade over the cabbage, toss well until evenly coated. Place pork on top, skin side up. Place tray back into oven and cook for 1 hour.

3

Remove the tray from the oven, take out pork from tray and set to rest. The pork should be golden brown with crispy crackling skin.

Toss the cabbage with the pears and cook further in the oven for 15-20 minutes.

4

In a frying pan on high heat, drizzle olive oil and sauté the shredded kale for 1 minute. Season to taste and set aside on a platter.

Cut the pork into 4 pieces and serve warm with roasted pears, sticky plum cabbage and sautéed kale.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- For better results on the crackling, pat dry the pork belly and leave uncovered in the fridge overnight. This will dry the pork skin and create better crackling while roasting.
- Add a splash of water or stock to the pears and cabbage if marinade gets too sticky.

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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