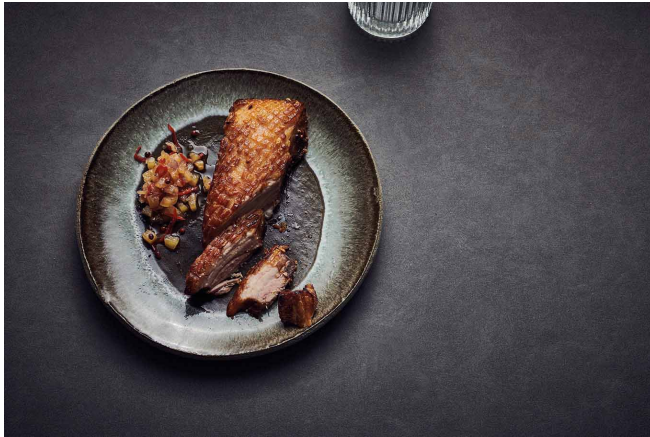




Pork belly



Preparation	45 Mins
Cooking time	1 day
Portions	4
Appliance	ComhairSteamer V6000 from 2021

cooked with pineapple chutney for 24 hours

Pork belly

- 500 g piece of pork belly
- 2 tbsp fennel seeds
- 1 tbsp peppercorns
- 5 star anise
- 1 tsp salt
- Peanut oil for searing

Pineapple chutney

- 1 pineapple
- 2 shallots
- 1 red peperoncino
- 150 ml herb infused vinegar
- 2 tbsp sugar
- 1 tsp pink pepper, ground
- 1 tsp pepper
- ½ tsp cumin powder
- Some salt

Pork belly





Score the rind in a criss-cross diagonal pattern about 5 mm deep. Toast the spices in a frying pan over a high heat. Put the pork belly with the other ingredients into a vacuum bag and vacuum seal it on the highest level. Steam on a perforated stainless steel tray at 64 °C for 24 hours using the Vacuisine mode.

Pineapple chutney

Peel the pineapple, quarter lengthways and remove the core. Cut the flesh into about 5 mm cubes. Finely chop the shallots and peperoncino. Reduce all the ingredients in a small pan over a medium heat for 30 minutes until the liquid has the consistency of a syrup. Season with salt to taste.

Serving

Pat the pork belly dry with kitchen paper. Heat some oil in a non-stick frying pan. Fry the pork belly, skin-side down, until crispy. Slice the pork belly up and serve with the chutney.

Cooking steps

Vacuisine 65 °C for 1 day

Tips

To store chutney for longer, put in a preserving jar and sterilize in the cooking space using the programme for sterilizing preserving jars.

Accessories

Vacuum bags

Perforated stainless steel tray

