

PORK BELLY BAO WITH APPLE & FENNEL SAUCE

by Tim Bone

SERVES: 18

INGREDIENTS

FOR THE PORK

1 PIECE OF PORK BELLY, APPROX. 1KG
SALT AND PEPPER
FENNEL SEEDS
OLIVE OIL

OTHER

WONDERBAO BUNS
1/2 CUP ROCKET LEAVES

FOR THE APPLE & FENNEL SAUCE

1 TBSP BUTTER
1 TBSP OLIVE OIL
2 GARLIC CLOVES, CHOPPED
1 LARGE SHALLOT, DICED
1/2 TSP FENNEL SEEDS
1 FENNEL BULB, CORED AND DICED (RESERVE FRONDS FOR GARNISH)
4 GRANNY SMITH APPLES, PEELED, CORED AND DICED
SALT AND PEPPER
ZEST AND JUICE OF 1 LEMON
8 SPRIGS OF THYME
1 TBSP APPLE CIDER VINEGAR
2 CUPS CHICKEN STOCK

METHOD

1. FOR THE PORK BELLY, REMOVE THE PORK FROM THE PACKET, PLACE ON A PLATE IN THE FRIDGE FOR UP TO 1 DAY BEFORE COOKING. THIS HELPS TO DRY OUT THE SKIN AND GET BETTER RESULTS FROM YOU CRACKLE!
2. PREHEAT BBQ OR OVEN TO 250 DEGREES CELSIUS
3. ON THE FLESH SIDE OF THE PORK, DRIZZLE WITH OLIVE OIL AND SEASON WITH SALT AND PEPPER. SPRINKLE WITH FENNEL SEEDS
4. ON THE SKIN SIDE, DRIZZLE WITH OIL AND SALT GENEROUSLY, RUBBING SALT IN TO THE SKIN.
5. COOK THE PORK BELLY AT 250 DEGREES FOR 30 MINUTES THEN TURN THE OVEN DOWN TO 180 AND COOK FOR APPROX. ANOTHER 30 MINUTES OR UNTIL PORK IS DONE AND THE SKIN IS NICE AND CRISPY
6. LET PORK REST UNTIL COOL ENOUGH TO SLICE INTO BAO BUN SIZE PIECES
7. FOR THE APPLE AND FENNEL SAUCE, HEAT A LARGE FRYING PAN OVER MEDIUM HEAT. ADD THE BUTTER AND OLIVE OIL, GARLIC, SHALLOT AND FENNEL SEEDS. COOK STIRRING FOR A FEW MINUTES UNTIL THE SHALLOT HAS SOFTENED
8. ADD THE FENNEL AND APPLES, A GOOD PINCH OF SALT AND PEPPER, THE ZEST AND JUICE OF 1 LEMON AND THYME SPRIGS. COOK STIRRING FOR 3-4 MINUTES
9. ADD THE APPLE CIDER VINEGAR AND CHICKEN STOCK AND COOK SIMMERING FOR 10-15 MINUTES UNTIL THE APPLE AND FENNEL IS NICE AND SOFT AND THE LIQUID HAS REDUCED BY HALF
10. REMOVE FROM THE HEAT AND ALLOW TO COOL SLIGHTLY BEFORE BLITZING IN A FOOD PROCESSOR TO DESIRED CONSISTENCY
11. TO BUILD YOUR BAO, HEAT THE BUNS AS PER PACKET INSTRUCTIONS
12. PLACE A PIECE OF THE PORK BELLY IN EACH BUN AND TOP WITH A GOOD DOLLOP OF THE APPLE AND FENNEL SAUCE, ROCKET AND RESERVED FENNEL FRONDS
13. SERVE!

INGREDIENTS AVAILABLE AT

