



Miele

Pressed pork belly with grilled plums and masterstock reduction, served with easy summer slaw

By Miele

20 minutes

Preparation time

3 hours

Cooking time

6 servings

Serves

INGREDIENTS

1kg pork belly, skin scored
Sea salt

Roasted Plums

6 plums, halved
2 tablespoons brown sugar

Masterstock Reduction

1 litre chicken stock
1 bulb garlic
1 red chilli
30g fresh ginger
2 star anise
2 inches cassia bark
3 cardamom pods
1 teaspoon white peppercorns
1 teaspoon coriander seeds
1 dried mandarin peel
50g yellow rock sugar
160ml Shao Xing wine
150ml light soy sauce
50ml dark soy sauce
1 piece dried mandarin peel

Dressing

100ml extra virgin olive oil
½ lemon, juiced
Murray River Sea Salt and pepper to taste
20ml mirin

Easy Summer Slaw

200g wombok cabbage, finely shredded
100g purple cabbage, finely shredded
2 spring onions, julienned
150g red radish, sliced
1 tablespoon coriander, roughly chopped
1 tablespoon mint, roughly chopped
1 tablespoon parsley, roughly chopped

METHOD

Pork Belly

1. Rub salt generously on scored rind of pork. Place pork skin side up on the grilling and roasting insert, placed in the multi-purpose tray.
2. Select Moisture Plus with 3 bursts of steam at 130°C on shelf position 3. Add 1 burst of steam when it reaches 130°C. Add second burst of steam after 30 minutes. Add the last burst of steam after another 30 minutes. Continue to cook for another 2 hours.
3. Remove pork belly from the oven. Leave pork belly to cool and loosely wrap with cling wrap, leaving the ends open.
4. Transfer wrapped pork belly to a rectangular container and place a heavy can(s) or brick to weigh down the pork belly. Leave overnight in the refrigerator.
5. The weighted pork should be nice and flat, enabling even crisping of the rind. Place unwrapped pork skin side up on the grilling and roasting insert, placed in the multi-purpose tray.
6. Select Full Grill at 200°C on shelf position 3. Grill for 3-5 minutes until skin is evenly crackled.

Grilled Plums

1. Place plums cut side up on a multi-purpose tray.
2. Sprinkle plums with brown sugar.
3. Select Full Grill at 200°C and roast for 5 minutes until caramelised.

Masterstock Reduction

1. Combine all ingredients and bring to the boil quickly on high heat, Induction setting 9.
2. Reduce heat to medium, Induction setting 6 and simmer for 30 minutes until stock has reduced by half.

Easy Summer Slaw

1. Place cabbages, spring onions, radish and mixed herbs in a large bowl.
2. In a separate bowl, whisk olive oil, lemon juice, salt and pepper until emulsified.
3. Pour dressing onto the slaw and toss until well combined.

Note

- If time permits, allow the pork belly to sit uncovered in the refrigerator overnight before cooking. Pork belly can be prepared the day before up to step 2, shortening the cooking time by 30 minutes. On the day, heat pork belly on Moisture Plus at 130°C for 30 minutes on shelf position 3 and proceed to step 6 to finish.
- Rind burns very quickly, so be mindful and ready to remove the pork belly from the oven.
- If plums are not available, peaches, nectarines, apricots or figs can be substituted.
- Masterstock ingredients are available from good quality supermarkets and Asian grocers.
- Wombok is a Chinese cabbage and can be purchased from supermarkets or Asian Grocers. Savoy or green cabbage can also be used for the slaw.