

Miele

Roast pork belly with vegetables and apple chips

By Shannon Bennett

14 hours

Prep time

4 hours 30 minutes

Cooking time

6 Servings

Serves



INGREDIENTS

Pork belly

1.2kg piece pork belly,
skin on, scored
2 heads garlic
4 sprigs thyme
600ml water

Roast vegetables

1 large turnip or
12 baby turnips, washed
1 head of garlic, broken apart
2 tablespoons olive oil
12 chat potatoes
12 baby beetroots, scrubbed
4 sprigs thyme
1 teaspoon Murray River
Sea Salt

Apple chips

1 Granny Smith apple,
washed
¼ cup sugar
1 cup water

METHOD

Pork belly

1. Pre-heat oven on Conventional to 120°C.
2. Remove the belly bones from the pork if applicable.
3. In a deep roasting pan, split the garlic heads in half and place on the bottom of the tray. Sprinkle the thyme, salt and pepper over the garlic.
4. Season the pork with salt and pepper and place on top of the garlic, skin side up. Add the water to the tray and tightly wrap the tray with tin foil.
5. Cook until meat is tender and beginning to fall apart, approximately 4-6 hours. The pork should be starting to fall apart.
6. With the help of a large spatula, transfer the pork to a baking paper lined flat tray, skin side down, covered with another sheet of baking paper. Place another similar sized tray on top, followed by a heavy weight such as a 6 pack of beer. Refrigerate overnight.
7. Deglaze pan with white wine, cook on medium-high heat, Induction setting 7-8 until reduced by half. Add the vino cotto and season with salt and pepper. Strain through muslin or paper filter and refrigerate until needed. Reserve jus for later use.

Apple chips

1. Select the Drying function at 90°C and duration of 5 hours.
2. Line a multi-purpose tray with baking paper.
3. Bring water and sugar to the boil over medium heat, Induction setting 5-6. Boil for 1 minute. Set aside to cool.
4. Cut the apple using a mandolin down the length of the apple and dip each slice in the cooled syrup.
5. Shake off the excess syrup from each slice and lay on the lined tray leaving a small gap between each slice.
6. Dry for 5 hours or until crisp.

Roast vegetables

1. Select Auto Roast at 190°C with Crisp on.
2. Quarter the turnip and slice into 5mm thick slices, or quarter baby turnips.
3. Quarter the beetroot (if large) and toss in 1 tablespoon of olive oil.
4. Combine all vegetables in a bowl together with the remaining olive oil and garlic, toss gently to avoid the beetroot bleeding onto the white vegetables.
5. Place vegetables on a multi-purpose tray, scatter the thyme over the vegetables and sprinkle with salt. Place tray on shelf position 3 and cook for 35 minutes or until a skewer is inserted easily. Once cooked place the warm vegetables into a warming drawer preheated on food setting 3 while the pork is finished for serving.

To serve

1. Pre-heat oven on Moisture Plus at 200°C with 2 manual bursts of steam, follow the prompts for using moisture plus.
2. Quarter the turnip and slice into 5mm thick slices, or quarter baby turnips. Quarter the beetroot (if large) and toss in 1 tablespoon of olive oil. Combine all vegetables in a bowl together with the remaining olive oil and garlic, toss gently to avoid the beetroot bleeding onto the white vegetables.
3. Place pan in the oven, release a burst of steam and cook for 8 minutes or until the skin is crispy, being careful not to dry the pork out.
4. In a small saucepan bring the jus briefly to simmer over medium heat, Induction setting 6, reduce the heat to low, Induction setting 2, and keep warm while the pork is heating through. Pour a tablespoon of jus into the middle of each plate and top with a portion of crispy pork.
5. Place vegetables on a multi-purpose tray, scatter the thyme over the vegetables and sprinkle with salt. Place on shelf position 3 and release a burst of steam, cook for 35 minutes or until a skewer is inserted easily. Once cooked place the warm vegetables into a warming drawer preheated on food setting 3 while the pork is finished for serving.
6. Remove the belly bones from the pork if applicable. In a deep roasting pan, split the garlic heads in half and place on the bottom of the tray. Sprinkle the thyme, salt and pepper over the garlic. While the vegetables are cooking cut the pork into 6 equal portions. Place pan in the oven, release a burst of steam and cook for 8 minutes or until the skin is crispy, being careful not to dry the pork out.
7. Combine all vegetables in a bowl together with the remaining olive oil and garlic, toss gently to avoid the beetroot bleeding onto the white vegetables. Place vegetables on a multi-purpose tray, scatter the thyme over the vegetables and sprinkle with salt. Place tray on shelf position 3 and cook for 35 minutes or until a skewer is inserted easily. Once cooked place the vegetables into a warming drawer preheated on food setting 3 while the pork is finished for serving.

Hints and tips

- Preparation time includes overnight pressing time