

# TWICE COOKED PORK BELLY WITH CIDER, APPLE AND 5 SPICE

Serves 4

Takes about 2 hours

700g	(1½lb)	Lean piece of belly pork
300ml	(½pt)	Cloudy cider
		Seasoning
5ml	(1tsp)	Chinese 5 spice
2		Star anise
2		Cox's apples, cored and quartered
15ml	(1tbsp)	Honey



Preheat oven to Gas 4-5, 180°C, 350°F.

Take the flat piece of belly, dry the rind and score deeply with a sharp knife.

Line a shallow roasting pan with two large pieces of foil. Add to this the cider, seasoning and spices.

Place the belly onto the foil and tuck the foil around the joint so that the liquid is against the belly joint, but leave the top dry and exposed. Brush rind with oil and sprinkle with salt.

Open roast for about 1 hour then open foil parcel. Add the apples (add more cider if too much has evaporated), cover over the whole joint with foil and return for a further hour.

When cooked carefully open foil, drizzle rind with honey and place under a preheated grill. Cook for about 5 minutes to finish off the crackling.

Serve cut into thick slices, drizzle with sauce and serve with apples and Chinese steamed vegetables.

[www.lovepork.co.uk](http://www.lovepork.co.uk)