



Crispy Pork Belly with Beetroot Relish

Ingredients

- 1kg pork belly, rind on
- 3 tsp sea salt flakes
- 3 tbsp peanut oil
- Long Track Beetroot Relish (or similar)

Method

- Pat pork rind dry with absorbent towels and place in the fridge, uncovered, for 4 hours or overnight, if time permits.
- Remove pork from fridge and stand to bring to room temperature.
- Score at the skin diagonally 1cm intervals (this is often already done on store bought pork belly)
- Preheat oven to 240°C/220°C fan-forced.
- Pat dry any excess moisture from the rind. Rub salt flakes into rind and drizzle with oil.
- Place pork, rind-side up, in a roasting pan. Bake for 45 minutes.
- Reduce temperature to 220°C/200°C fan-forced, then bake for a further 45 minutes or until skin is golden and crispy. Sometimes extra cooking time is required to achieve crispy skin.
- Set aside for 15 minutes to rest and then slice and serve.

Serve slices of crispy pork belly with Long Track Beetroot Relish and Edamame Crunch Salad.