



CLASSIC SUNDAY ROAST - PORK BELLY

MADE WITH PREMIUM QUALITY MEAT FROM THE GROUNDS
MEAT & DELI

INGREDIENTS:

- 2KG WHOLE UNSCORED BONELESS PORK BELLY, DRIED OVERNIGHT IN THE FRIDGE
- 2 TBSP OLIVE OIL
- 1 TBSP SALT
- 1 TBSP FENNEL SEEDS
- 1 TSP CRACKED BLACK PEPPER
- FRESH THYME STALKS
- HEAVY DUTY FOIL



INSTRUCTIONS:

1. SPRINKLE HALF OF THE SALT OVER THE BASE OF THE PORK BELLY.
2. ADD THE FENNEL SEEDS AND CRACKED BLACK PEPPER.
3. MASSAGE THE SEASONING INTO THE PORK BELLY TO ENSURE EVEN COVERAGE.
4. RUB THE SEASONING EVENLY OVER THE BELLY AND DRIZZLE WITH OLIVE OIL.
5. ADD SOME FRESH THYME ON TOP FOR EXTRA AROMA.
6. FLIP THE PORK BELLY OVER.
7. SPRINKLE WITH THE REMAINING SALT.
8. BUILD A TIGHT 'BOAT' AROUND THE BELLY USING HEAVY-DUTY FOIL TO RETAIN MOISTURE. PLACE THE PORK BELLY INTO A PREHEATED OVEN AT 150°C.
9. ROAST FOR 2 TO 2.5 HOURS, TIGHTENING THE FOIL EVERY 30 MINUTES TO MAINTAIN SHAPE AND MOISTURE.
10. REMOVE THE PORK BELLY FROM THE OVEN AND INCREASE THE TEMPERATURE TO 240°C.
11. CREATE SMALL FOIL BALLS AND POSITION THEM UNDER THE PORK BELLY TO ENSURE EVEN HEIGHT.
12. PLACE THE BELLY BACK INTO THE OVEN TO CRISP UP THE SKIN.
13. TURN THE PORK BELLY EVERY 5 MINUTES TO ENSURE EVEN CRISPING.
14. ONCE GOLDEN AND CRISPY, REMOVE FROM THE OVEN, AND ENJOY!

NOTE: SERVE HOT WITH APPLE JELLY!

THE GROUNDS MEAT & DELI - TRADITION TASTES BETTER

