



Asian Pork Belly with Shaved Fennel and Orange Salad

David Matthews – The Semaphore Pantry
17th July, 2011

PORK BELLY

Ingredients:

2kg pork belly
marinade:
2 oranges, zested
20g cinnamon, ground
5g cloves, ground
15g star anise, ground
30g salt
30g brown sugar
juice of oranges
2 tbsp sweet soy sauce

Method:

Rub underside (not skin) with marinade and refrigerate for 1 day
Preheat oven to 150c
Mix orange juice and soy, and pour into roasting tray – place pork in tray and cover
Roast slowly for 2 ½ hours
Peel off skin and press flat. Press belly with a tray and weigh down well.
To serve – pan fry, roast or BBQ pork belly until warm. Cook skin until crisp.

SALAD

Ingredients:

3 small fennel bulbs or 1 large, sliced as finely as possible
1 red onion, finely sliced
2 spring onions, finely sliced
2 oranges, zested
1 ½ tbsp. olive oil
1 tbsp red wine vinegar
1 clove garlic, chopped

Method:

Mix fennel, onions and orange zest together
Juice the oranges, and boil in a saucepan to reduce by half
Add oil, red wine vinegar and garlic to make the dressing – dress just prior to serving.

ASFM SHOPPING LIST

Ingredients

pork
oranges
orange juice
fennel, spring/onions, garlic

olive oil

vinegar

Stallholders

[Minniribbie Berkshire Pork](#) coming back to the Market soon!
B&A Andonopoulos (site 68), [Fat Goose Fruits](#) (site 97),
[Mountain Fresh Fruit Juices](#) (site 17)
[Patlin Gardens](#) (site 75), Golden BC (site 78), [Hart's Vegetables](#) (site 80),
[Alnda Farms](#) (site 84), [Virgara's Garden](#) (site 52), [N&M Tsimklis](#) (site 56)
[Rodger Fryer](#) (54), [Bald Hills Olive Grove](#) (83), [Woodside Cheese Wrights](#)
(site 14)
[Woodside Cheese Wrights](#) (site 14), [Mountain Fresh Fruit Juices](#) (site 17)