

Crispy Cantonese Roast Pork Belly with Veggie Medley and Pear Sauce

Preparation Time: 45 Mins

Cooking Time: 1 Hour

Serves: 1

INGREDIENTS

Pork:

1kg Pork Belly (20%+ fat is ideal)
2 Tsp White Vinegar
2 Tsp Neutral Oil
2-3 Tbsp Salt
100g Spring Onion Green (5cm strips)

Marinade:

60g Brown Sugar
1 Tsp MasterFoods Chicken Salt
1 Tsp MasterFoods Garlic Powder
1 Tsp MasterFoods Onion Powder
¼ Tsp MasterFoods Chilli Flakes
2 Tsp MasterFoods Cumin Powder
1 Tsp MasterFoods Five Spice
1 Tbsp Salt
1 Tsp Cornflour
30ml Rice Wine
30ml Canola Oil

Roasted Pear and Sauce:

1 Peckham Pear (peeled, cored and cut into 10 wedges)
80g Brown Sugar
50ml Rice Wine Vinegar
1Tsp Salt
10g Ginger (grated)



INGREDIENTS (CONTINUED)

Veggie Medley:

200g Spring Onion White (10cm)
150g Brussel Sprouts (quartered)
1 Fresh Radish
10g Small bunch shiso herbs (baby shiso)
2Tbsp Olive Oil



AS SEEN ON



Crispy Cantonese Roast Pork Belly with Veggie Medley and Pear Sauce

METHOD

MARINADE

1. Start by preheating the oven to 240°C bake and prepping the pork, make sure it's dry.
2. Cut slices on the meat side of the belly about 1cm deep and 2-3cm apart.
3. On the skin side, using a very sharp tip of the knife, poke as many holes as you can penetrating the skin into the fat (basically you want the fat seeping to the top to fry the skin)
4. Mix the marinade in a small bowl and pour on the meat side of the belly, trying to not get any on the skin. Rub it in and flip over.
5. Using paper, dry the skin and brush on the oil and vinegar. Sprinkle evenly with the salt.
6. Wrap the pork in tin foil with a base layered with spring onion green. The tin foil should cover the base and side, exposing the top of the pork.

Three baking temperatures to look out for:

First temp 240°C for 20 min. Second temp 170°C for 45 min. Third temp 240°C for 10 min or until crispy. Allow to rest 10-15 min before cutting.

ROASTED PEAR AND SAUCE

1. Place all the ingredients into a small baking dish and bake at 170°C for 35 min or until tender.
2. Reserve the pears for plating and the sauce for the pork on the side.

VEGGIE MEDLEY

1. In small roasting dishes, toss oil, spring onion and brussels sprouts together with seasoning and roast for 20min at 170°C or until nicely roasted. Set aside.
2. Mandolin the radish and reserve for garnishing along with the baby shiso leaves.

ASSEMBLY

1. Around the plate, garnish with the pears, veggies and garnishes leaving space in the middle of the plate for the pork.
2. Trim off the sides of the pork and cut 3-4 pieces of the pork belly to be placed in the middle of the plate.
3. Serve the sauce jug with the pear reduction on the side.



AS SEEN ON



Reconstructed Pear Tart with Roasted Brown Rice Tea

Preparation Time: 45 Mins

Cooking Time: 1 Hour

Serves: 1

INGREDIENTS

Sweet Shortcrust Discs:

175g All Purpose Flour
30g Almond Flour
75g Powdered Sugar
½ Tsp Salt
90g Unsalted Butter
35g Egg
1 Tsp MasterFoods Five Spice

Brown Rice Green Tea

(Genmaicha) Syrup:

80g Genmaicha
300ml Boiling Water
80g Brown Sugar
1 Tsp Salt

Tea Cream Whip:

200g Mascarpone
50g Crème Fraiche
80ml Tea Syrup

Pear Compote:

100g Peckham Pear (diced)
30g Caster Sugar
50ml Lemon Juice

Marinated Fruits:

100g Pears (peeled and cut into small wedges and discs)
2 Strawberries (sliced 4mm thick)
60g Honey
60g Lemon
1 Tsp Salt
30g Ginger (grated)
20g Rice Wine Vinegar

INGREDIENTS (CONTINUED)

Roasted Pistachio:

2 Tsp Flaky Sea Salt
100g Pistachio

For Assembly:

1 Tbsp Pomegranate Seeds
6 Springs Lemon Balm
Salt and Pepper to taste

METHOD

SWEET SHORTCRUST DISCS:

1. In a food processor, blend all the ingredients together until a wet sand mixture appears.
2. Place contents in a bowl and form into a ball. Place the mix onto cling film, flatten and chill in the fridge for 30 min.
3. Roll the dough flat (2-3mm thickness) and cut out circles using a cookie cutter.
4. Bake at 170°C for 10-12 mins until they are golden brown on baking paper.



Reconstructed Pear Tart with Roasted Brown Rice Tea

METHOD

BROWN RICE GREEN TEA (GENMAICHA) SYRUP

1. Place all ingredients in a heat proof bowl and allow to reduce in the oven until 180ml liquid remains.
2. Allow to cool and strain, reserving the liquid.

TEA CREAM WHIP

1. Mix all the ingredients together with a whisk and place the cream into a piping bag.
2. Allow to cool in the fridge for 30 min.

PEAR COMPOTE

1. Place the ingredients in a small baking dish and cook in the oven at 170°C for 40 min until soft.
2. Allow to cool.

MARINATED FRUITS

1. In a bowl whisk together honey, lemon, vinegar, ginger and salt.
2. Marinate the fruits in the solution for 20 min.

ROASTED PISTACHIO

1. Roast the nuts in a small dish at 170°C for 10 min.
2. Transfer to a mortar and pestle and grind the nuts until a crumb with salt.

ASSEMBLY

1. In a shallow bowl, place a disc on the plate with a dot of the cream underneath so the disc doesn't slide on the plate.
2. On the disc pipe dots around and filling the middle of the disc with pear compote.
3. Place the disc over the first disc and do the same.
4. On the top, garnish with marinated fruits, fresh pomegranates and lemon balm.
5. On the top add 2 teaspoons of the crushed nuts and a side jug of the tea syrup.