

# SCOFFED™ AND QUAFFED

## Recipes

### Caramelised Pork Belly

Prep: 20 mins

Cook: 30 mins

Serves: 4



Image courtesy: kitchen.nine.com.au

#### Equipment:

Chopping board  
Colander  
Knife  
Measuring spoons  
Mixing bowls  
Saucepan  
Small bowls  
Tasting spoons  
Tongs  
Weighing scales

#### Ingredients:

500 g pork belly chunk, sliced  
1 tablespoon fish sauce  
1 tablespoon caster sugar  
1 teaspoon coarse sea salt  
1/4 teaspoon freshly ground white pepper  
1 tablespoon runny honey  
2-3 thin spring onions, finely sliced  
3 cloves garlic, finely chopped

#### Method:

Slice pork belly into thin, square pieces. In a large mixing bowl, mix together the pork belly, fish sauce, sugar, salt, pepper, honey, spring onions, coriander and garlic. Set the mixture aside for 30-60 minutes in the fridge to let the flavours develop and to allow the mixture to firm. Heat a flat grill with some vegetable oil and pan fry pork belly until golden, juicy and slightly caramelized. Serve with salad or steamed rice and vegetables.

**Food, Fun, do!**

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