SMOKE & FLAME

Sticky pork belly with honey-soy glaze and quick-pickled cucumber



Lidded BBQ / Serves 4 / Prep 20 min

Cook 72-104 min · Total 97-129 min including rest, plus BBQ heat-up

Heat 165-175°C indirect, then moderate direct heat. · Setup Lidded BBQ, drip tray, tongs, brush, small saucepan and probe thermometer.

What you'll need

Pork, glaze and sauce

- 600 g rindless pork belly, 4 broad slices about 2.5-3 cm thick
- 24 g Pyongyang Pork Belly rub
- 1 tsp rapeseed oil
- 3 tbsp runny honey
- 1½ tbsp reduced-salt light soy sauce
- 1 tbsp rice vinegar
- 80 ml cold water
- 1 tsp cornflour

Quick-pickled cucumber and carrot

- ½ cucumber, thickly sliced on the diagonal
- 1 small carrot, cut into fine matchsticks
- 2 tbsp rice vinegar
- 1 tbsp water
- 1 tsp caster sugar
- ¼ tsp fine sea salt
- 2 tsp toasted sesame seeds, to serve

The Pyongyang blend contains WHEAT, MUSTARD and SESAME.
The cereal source of the diastatic malt is awaiting supplier confirmation.

Soy sauce adds SOYA and typically WHEAT. The sesame garnish adds SESAME.

Cooking instructions

1. Set up the grill. Set the BBQ for indirect cooking at 165-175°C with a drip tray below the indirect side. Pat the pork dry and rub the oil and seasoning over both faces.

2. Make the pickle and glaze. Toss the cucumber and carrot with the pickle vinegar, water, sugar and salt. Cover and chill. Mix the honey, soy sauce and glaze vinegar in a clean bowl. Pour 2 tbsp into a separate cup for brushing. Keep the rest for the sauce.

3. Cook gently. Lay the pork above the drip tray, close the lid and cook for 70-100 minutes, turning halfway. Start checking at 70 minutes. Move on when a skewer slides easily into the meat and the fat has softened.

4. Make the sauce. While the pork cooks, mix the cornflour with a splash of the measured cold water. On the hob, bring the rest of the water and the reserved glaze to a simmer in a small pan. Stir in the cornflour mixture and simmer for 1-2 minutes until it coats a spoon.

5. Glaze and serve. Brush both sides thinly with the glaze. Finish over moderate direct heat for 1-2 minutes per side, turning as soon as the glaze bubbles and colours. Probe the thickest meaty part from the side. It should hold 75°C for at least 30 seconds. Rest for 5 minutes. Spoon the warm sauce onto plates, set the pork on top and serve with the drained pickle and toasted sesame.

What to look for. A skewer slides easily into the meat, the edges are sticky and the thickest meaty part holds 75°C for at least 30 seconds.

Cook's note. Ask for thick-cut rindless belly slices or cut a rindless piece into 4 broad portions. Move the pork off direct heat if the fat flares up.