SMOKE & FLAME

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



Oven and grill / Serves 4 / Prep 20 min

Cook 88-110 min · Total 113-135 min including rest, plus preheat

Heat 160°C conventional or 140°C fan, then a hot oven grill. · Setup Roasting tin, foil, oven grill, 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 oven. Heat the oven to 160°C conventional or 140°C fan. Pat the pork dry and rub the oil and seasoning over both faces. Lay the slices in a single layer in a small metal roasting tin. Cover the tin tightly with foil.

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. Roast until tender. Roast the slices for 85-105 minutes, until a skewer slides easily into the meat. Carefully pour off the rendered fat and transfer the slices to a clean metal tray.

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. Grill and serve. Heat the oven grill. Brush both sides thinly with glaze and grill for about 3-5 minutes total, turning halfway and watching the edges. 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.