



## Slow Cooked Pork Belly with Asian Herbs and Sticky Caramel Dressing

Serves: 4

### TASTE OF CATER CARE FACT

Slow-cooked pork belly is a staple dish in many Asian cuisines. This recipe is based on the traditional Vietnamese-style caramel pork and uses two very popular Asian ingredients to create its delicious flavour - coconut water and star anise. Coconut water is the liquid found in coconuts. It is generally agreed that the water of greener younger coconuts has more flavour and better suited to both drinking and cooking. Star anise is native to Vietnam and China and has been used as a spice in cooking and a medicine for centuries. It imparts a subtle anise flavour that greatly compliments pork.

### INGREDIENTS

- 200gm Brown Sugar
- 40ml Water
- 750ml Coconut Water
- 60ml Fish Sauce
- 1/2 tsp White Pepper
- 4 Shallots (Spring Onions), White Stem Only - remove root, rinse, drain and lightly bruise.
- 2 Garlic Cloves - peel and finely slice.
- 30gm Fresh Ginger - peel and cut into 1/2 cm thick slices.
- 1/2 Red Birdseye Chilli - remove stem, seeds and cut in half lengthways.
- 2 Star Anise
- 50ml Lime Juice
- 1.1kg Pork Belly, Skin Removed - cut into 4cm dice.
- As Required - Shallot (Spring Onions) - Green Stem Only - finely slice at an angle widthways.
- As Required - Mint Sprigs - rinse and drain.
- As Required - Coriander Sprigs - rinse and drain.

### METHOD

1. Over a moderate heat, in a saucepan, add the brown sugar and water and stir regularly until the sugar has dissolved.
2. Add the coconut water, fish sauce, white pepper, first quantity of shallots, garlic, ginger, chilli, star anise and lime juice, and mix to combine.
3. Add the pork belly. Mix to combine. Bring the stock up to the boil, then reduce the heat and allow it to gently simmer for 1 1/2 hours or until the pork is tender and the liquid has reduced to a syrupy consistency. Remove from the heat.

### TO SERVE

Place the required quantity of pork into each serving bowl, then lightly drizzle with the caramel cooking juices and garnish with mint and coriander sprigs. Serve accompanied with freshly cooked jasmine rice.