



Recipe #4: Confit of Cured Pork Belly with *Apple Compote*

INGREDIENTS: (SERVES 8-10)

1 Pork Belly

125g Sea Salt

15g Black Pepper cracked

5g Cinnamon

4 Bay Leaves

Cooking oil (inexpensive, such as sunflower oil)

1 Jar of *Cava Apple Compote*

METHOD:

Lay the pork belly in a deep baking tray. Mix the salt, black pepper, and cinnamon and rub into the belly. Leave to cure in the fridge for 12 hours. After 12 hours, rub off the cure mix and pat dry with a clean cloth. Place in an oven tray and cover the belly completely with oil. Cover with tinfoil, ensuring the edges are completely sealed. Place in a preheated oven (80 degrees) for 10 hours over-night. The following morning, remove the pork belly from the oven and allow to cool slightly. Remove the pork belly from the oil and rap it tightly in clingfilm. Return to fridge for another 10 hours. To serve, slice pork belly into rounds and grill or panfry.

Serve with *Cava Apple Compote* and a crisp green salad.

