KIKKOMAN

Crispy pork belly with bean salad & fondant potatoes

Total time **270 mins** **60 mins** preparation time **210 mins** cooking time **720 mins** waiting time

INGREDIENTS

10 portion(s)

For the pork belly:

2 kg	pork belly
50 g	salt
1 l	chicken stock
100 ml	Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce
500 g	shallots, finely sliced
20 g	garlic, peeled
15 g	cornflour
100 ml	whole milk

For the salad:

300 g	runner beans, trimmed
300 g	wax beans, trimmed
300 g	broad beans, tinned (drained weight)
100 g	red onions, thinly sliced
300 g	pears, finely sliced
120 ml	olive oil
80 ml	white balsamic vinegar
60 g	wholegrain mustard
60 g	honey
	Salt
	Pepper
5 g	summer savoury, washed and plucked

For the potatoes:

800 g	baby potatoes, halved
100 g	butter, soft
500 ml	vegetable stock
20 g	garlic, peeled
20 g	thyme
	Coarse salt

PREPARATION

Step 1

Score the pork belly skin in a crosshatch pattern at 5 mm intervals. Rub the skin with the salt and refrigerate the meat overnight. The next day, rinse off the salt under running water.

Step 2

Preheat the oven to 120 °C. Combine the chicken stock, Kikkoman Gluten free Soy Sauce, shallots and garlic in a casserole. Place the pork belly in the liquid, skin-side up, so it's half-submerged in the liquid. Braise in the oven for about 3 hours.

Step 3

Meanwhile, cook the runner and wax beans in plenty of salted water for 4–5 minutes. Refresh in very cold water and mix with the broad beans. Add the onions and pears and set aside briefly.

Step 4

Whisk the olive oil, balsamic vinegar, mustard and honey into a vinaigrette and season generously with salt and pepper. Pour over the bean salad and mix well. Stir in the summer savoury just before serving.

Step 5

For the fondant potatoes, brush a large frying pan with the butter and place the baby potatoes cut side down. Add the vegetable stock, garlic and thyme. Cook gently over a low heat for about 25 minutes until the stock has evaporated and the

potatoes slowly turn golden brown. Season with the coarse salt.

Step 6

Remove the pork belly from the cooking liquid and leave to cool. Purée the liquid and pass through a fine sieve. Mix the cornflour with a little water and use it to thicken the sauce lightly. Add the milk and froth with a stick blender. Portion the meat and grill it under a salamander with a little of the sauce until crisp.

Step 7

Serve the crispy pork belly with the sauce, bean salad and potatoes, garnished with fresh herbs.