



Organic Cuisine

Ricky Day, Bouterey's at 251

Pork Belly with Lentil and Cress Salad, Apple and Scallops

Pork Belly (Serves 6):

1kg Pork Belly	2 carrots
1 onion	6 cloves garlic (split)
2 bay leaves	6 black peppercorns
1 dsp salt	Water to cover

Place pork belly skin side up in a baking pan. Cover with water. Put in oven at 150°C for 1 hour. Remove from oven, wash (or change pan). Refill with water (but not covering the skin) adding rest of ingredients. Cook for approximately 3-4 hours adding water as the level drops below the skin. To check if done use a pair of tongs & if the meat pulls off easily without any resistance it is ready.

You can either serve & eat straight away or let cool. If you let it cool remove skin with a sharp knife leaving fat intact. Cut the pork & crackling into portions. To re-heat put the pork fat side down (with crackling beside) into a cold pan at 200 deg Celsius for 6-8 mins.

Pork belly is delicious served with anything – lentils, garlic, mash, scallops etc.

Apple Puree

2 Granny Smith Apples

Put apples on plate cover with cling film. Microwave for 4 mins on high or until skins start to blister. Remove cling film (being careful of the steam!). Remove skins, scraping apple pulp into a blender. Puree & pass through sieve.

Lentil & Cress Salad

Lentils:

100gm green lentils du puy	1 small onion
1 carrot	1 bay leaf
1 clove of garlic	1 stick of celery

Soak lentils for ½ hr, wash off. Put in pot, cover with water & bring to boil. Remove, strain & wash again. Put them back into a pot with clean water. Add bay leaf, carrot & rest of ingredients. Slow simmer for 20-25 mins or until soft to eat. Remove from heat, strain & let cool naturally (not under cold water otherwise they will go hard).

Salad:

1 bunch organic watercress
1 organic tomato concasse (tomato with skin & seeds removed, then flesh diced)
1 dstsp finely cut Italian parsley (flat leaf)



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Scallops:

30 scallops (roe removed optional) – 5 per portion - pan seared.

Jus:

Either homemade from bones or buy.

Assemble:

Cut pork into 100gm portions. Place skin side down into cold pan. Put pan in oven at 180-200[0]°c for 10 mins.

In a pan heat jus, add lentils, cress, tomato, parsley & apple puree (reserving 2 tsps of puree to put on top of pork). Stir to combine & remove from heat.

Pan sear scallops while the jus is heating up.

Spoon lentils & cress into middle of bowl, place pork on top. Place scallops around the outside. Add a small amount apple puree on top of each piece of pork & finish with crackling.