

**healthy body**



**healthy mind**

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### **Slow roasted belly of pork with balsamic red cabbage**

500g Skinless pork belly - sliced 1inch thick  
2 Large onions  
Salt +Pepper  
1 Small Red cabbage  
2 large cloves garlic  
Nob of butter  
1 Tbsp. olive oil  
2 bay leaves  
3 Tbsp. Balsamic vinegar  
6 Juniper berries (dried)  
3 Tsp. light brown sugar

#### **Method**

Slice the onion and lay on a baking tray, these will act as a bed for the pork belly. Season the pork and lay on the onions on its side. Pour a small amount of water in the tray, enough to cover the bottom. The trick is to cook “low and slow” so pre-heat the oven to 100c cover the tray with foil and cook for 6 ½ - 7hrs. A lot of the fat will render out and can be spooned out and tipped away afterwards. The foil can be removed towards the end to allow the top to brown more.

This braised cabbage accompanies the pork excellently as the sharp sweet flavours cut through the richness of the pork belly.

Shred the cabbage and put in a bowl. On a medium heat get a wok or big shallow pan and add the olive oil.

Once the oil starts to shimmer add the butter and garlic stirring it with a wooden spoon. The balsamic can go in next along with the bay leaves and juniper berries. It should be sizzling like crazy now so tip in the cabbage and stir fry making sure all the cabbage gets fully coated.

Continue to stir fry for 3-4 minutes until the cabbage starts to soften slightly before sprinkling over the brown sugar.

Keep moving the cabbage around the pan so it doesn't burn, cover and cook with the heat turned off for a further 2 minutes. Serve piping hot with the pork.