

# HONEY ROAST PORK BELLY

## Ingredients

1kg pork belly  
6 star anise  
1 tbsp cracked coriander seeds  
600g runny honey  
2 stock cubes  
4 medium brown onions  
1 bunch of sage  
4 bay leaves  
Sunflower oil  
Sea Salt  
400ml cold water

## Preparation

1. Pour half the water into a roasting tray (this prevents the meat juices from burning during cooking) and add a crumbled stock cube.
2. Rub a little sunflower oil into the pork and season with a little salt. Place the pork on to a wire tray and then place into the roasting dish. Roast in the oven for approximately 2hrs on the bottom shelf at 160C.
3. Meanwhile, make the honey glaze by adding the rest of the water, honey, coriander seeds, star anise and 1 stock cube to a saucepan and simmer until reduced by a third. The mixture will thicken and become syrupy
4. Cut the root off of the onions and cut in half (take the outer skins off if preferred). Add a little sunflower oil to a frying pan, heat then place the onions in the pan flat side down. Add the bay leaves, sage and leave for a few minutes until they start to brown and caramelize. Then place the pan in the oven for 25 minutes until onions are golden brown.
5. When the pork is cooked remove from the oven and set aside somewhere warm to rest. Take the juices from the bottom of the tray, pass them through a sieve then place into a saucepan and reduce by a third.
6. To serve, using a pastry brush glaze the pork with the honey reduction. Then slice lengthwise into (about 1in wide) and arrange onto a large plate. Place the roasted onions around the meat and garnish with the roasted sage leaves and star anise. Finally pour over the reduced roasting juices and serve.