

Twice-cooked pork belly with passionfruit carrots

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Twice-cooked pork belly with crunchy crackling, creamy mashed potatoes and passionfruit carrots. Need we say more?

Ingredients (serves 4)

Pork, 1st cook

- 2 litres water
- ½ cup non-iodised table salt
- ½ [onion](#)
- 2 bay leaves
- 2 sprigs [thyme](#)
- ½ tbsp peppercorns
- 800g boneless organic pork belly in one piece

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Pork, 2nd cook

- 1/3 cup [olive oil](#)

Carrots

- 2 bunches baby carrots
- 2½ tbsp sugar
- 50ml white [wine](#)
- 3 tbsp butter
- 1 heaped tsp cumin seeds, or 1 tsp ground cumin
- 4 [passionfruit](#)
- Salt and pepper
- 2 tbsp flat leaf parsley, chopped

To serve

- Mashed potato

Method

Preheat oven to 160°C.

For the first stage of the pork, place water in a pot and bring to the boil along with salt, stirring until dissolved.

Find a baking dish that is deep enough to fit the pork belly plus an inch or so, and not too broad so the pork fits well. Slice the onion and place on bottom of dish along with bay leaves, thyme and peppercorns. Place pork belly on top, skin side up, then pour over the salt water. If the pork belly is not covered, simply top up with some more plain water. Also, don't overfill the dish. Cover with a sheet of baking paper, then tightly with a sheet of aluminum foil. Bake for three hours. Remove from oven and drain out most of the liquid, then weigh the whole dish down with a heavy chopping board on top of the paper/foil (adding something else on top if needed). Place in the fridge to set overnight.

For the second stage of the pork, pre-heat oven to 220°C. Remove pork belly from the fridge and discard all the remaining liquid and aromats, patting dry with paper towel. Use a sharp knife to score the skin in a small diamond crisscross pattern. Cut the pork into four even portions. Take a metal baking tray, cover the base with baking paper and olive oil, and place it on the stove top on very high. Once hot, place pork skin side down in oil and allow to cook and crackle for five minutes. Flip the pork over and place the tray in the oven for 20 minutes.

In the meantime, prepare the carrots. Steam or boil carrots until al dente. Take a nonstick fry pan and heat on medium. Add sugar and cook until dissolved and golden, then deglaze with white wine and add butter, cumin and passionfruit. Season to taste and add carrots to coat.

To serve, place carrots and sauce next to the pork, and then sprinkle over parsley. Serve mashed potatoes on the side.

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Recipe and images by Sammy and Bella Jakubiak for [Passionfruit Australia](#) ©

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