

# Pork belly roast



## Ingredients

- 1.3 kg higher-welfare pork belly
- 15 g fennel seeds
- 5 g sea salt
- 100 ml olive oil
- carrots
- celery
- onions
- garlic cloves , skin on
- fresh thyme
- 1 bottle white wine
- 75 g plain flour

## Method

Turn oven to the highest temperature you can get it to. Using a Stanley knife score the skin down to the meat (try not to cut the meat), make the cuts very close together (go across the skin). Put the fennel seeds and the Maldon sea salt in a pestle and mortar and grind till the seeds are smashed and mixed well with the salt.

Pour half the oil over the top of the skin of the pork belly, sprinkle over  $\frac{1}{2}$  of the fennel and salt mixture and rub in, pour over the remaining oil and then the seed and salt mixture, now really rub this into the skin so that everything gets inbetween the skin and down onto the meat. Wash the carrots and celery well, cut them into large 2 inch pieces and throw these into the base of your roasting dish. Throw in the whole garlic bulbs, peel and cut the onions into large wedges. Toss in the whole thyme leaves.

Put the seasoned pork belly on top of the vegetables and then put into your very hot oven for 10-15 minutes or until the skin of the belly starts to bubble and is golden brown. Turn the oven temperature down to 170°C/325°F/gas 3 then roast for 1.5 hours. Carefully open the oven door and add into the tray  $\frac{3}{4}$  of the white wine, continue cooking for 1 hour. Remove the meat carefully from the oven and test to see if it pulls apart easily. If not put back in the oven until the meat is ready then remove from the oven. Take the meat from the tray and place onto a wooden board and allow to rest while you make the gravy. Put the tray of roasted vegetables directly onto your stove top and on a medium heat add in the flour and stir till thick. Cook for 1 minute then add in the remaining wine. If you sauce is too thick add a little more white wine. Using a potato masher, mash up the vegetables until you have a delicious thick looking sauce. Cook for 2-3 minutes on a low heat. Taste, strain through a sieve keeping all the lovely sauce for pouring over the roasted belly.

Remove the crackling from the top of the belly and break up into pieces, set aside then pull the pork belly apart and enjoy with more vegetables and your home made gravy

---

## **Mozzarellakaas-poffers met suikermielies en sprietuie**



- 1 x 410 g-blik geroomde suikermielies
- 4 sprietuie, in skyfies gesny
- 200 g mozzarellakaas, in blokkies gesny
- 100 ml gerasperde cheddar

- 2 groot eiers, liggies geklits
- 30 ml gekapte pietersielie
- 1 rissie (opsioneel)
- 200 ml bruismeel
- sonneblomolie vir vlakbraai
- suurroom en 'n slaai om voor te sit

1 Meng al die pofferbestanddele in 'n groot mengbak totdat dit 'n gladde beslag vorm.

2 Verhit 'n dun laagie olie in 'n groot pan. Skep lepels vol van die beslag in die warm olie en braai dit vir twee minute of tot borrels op die oppervlak van die poffers begin vorm. Draai dit om en braai dit vir nog een minuut of tot goudbruin.

3 Skep die poffers uit die pan en pak dit op kombuispapier sodat die oortollige olie kan dreineer. Sit dit dadelik voor met suurroom en 'n slaai.

---

# Fried Chicken Shawarma Sandwich



**Yield:** Makes 4 sandwiches

**Prep Time:** 10 minutes

**Cook Time:** 20 minutes

## Ingredients:

1/4 cup olive oil

4 boneless skinless chicken thighs  
1 egg  
2 cups buttermilk  
pinch of lemon juice  
2 cups all-purpose flour  
2 teaspoons cumin  
1 teaspoon paprika  
1/2 teaspoon allspice  
1/2 teaspoon chili powder  
salt and pepper to taste  
4 brioche hamburger buns  
Red onion slices, garnish  
Butter lettuce, garnish  
Tomato slices, garnish  
Greek Yogurt Sauce, garnish

## **Directions:**

In a large bowl mix together the buttermilk, egg, lemon juice, and chicken thighs. Let the chicken thighs soak in the buttermilk mixture for at least 15 minutes. In another large bowl combine the all-purpose flour, cumin, paprika, allspice, chili powder, salt and pepper. Next, take the chicken thigh (shake off the excess buttermilk) and dredge it through the flour. Repeat process with remaining three chicken thighs.

Preheat a skillet to medium-high heat and add the olive oil. Add the chicken thighs and fry on the first side about five minutes. Flip, and continue to cook for another four minutes or until cooked through and golden brown. Remove from skillet and drain the chicken on a paper towel.

To serve, take a hamburger bun and place the chicken thigh on the bottom. Garnish top of the chicken with red onion, butter lettuce, tomato slices, and greek yogurt sauce. Top with remaining bun and serve.

---

# French Onion Zoodle Bake



**Yield:** Serves 4

**Prep Time:** 20 minutes

**Cook Time:** 45 minutes

## Ingredients:

2 1/2 cups zucchini noodles  
1 large yellow onion, sliced thinly  
1 teaspoon granulated sugar  
1 teaspoon fresh thyme, chopped  
1 tablespoon butter  
1/4 cup beef broth  
2 teaspoons Worcestershire sauce  
1 cup fontina cheese, grated  
salt and pepper to taste

## Directions:

Preheat oven to 400 degrees.

In a skillet preheated to medium heat, melt butter. Place onion into skillet and cook for a few minutes. Add salt, pepper, sugar, Worcestershire sauce, and thyme. Stir and cook for another couple of minutes. Add beef broth and cook until onions are golden brown about 20 minutes. Make sure to stir occasionally to keep the onions from burning.

Next, spray an 8X5 baking dish with non-stick cooking spray.

In a large bowl combine zucchini noodles and French onion mixture. Pour the French onion zoodle mixture into the dish and garnish top with Fontina cheese. Place in the oven and bake for about 20 to 25 minutes or until golden brown. Remove from oven and cool slightly before serving. Garnish with fresh thyme. Also, there is a probability that liquid from the zucchini will appear. If so, just drain it off carefully with a spoon before serving. Enjoy!