

## **GLAZED BELLY OF PORK**

1kg       Pork Belly  
150ml     Orange Juice  
  75ml     Cider Wine Vinegar  
4 table spoons – Honey or Maple Syrup  
1           Chilli  
2           Onions  
4           Cloves of Garlic  
2 table spoons of Brown Sugar  
2           Thick Orange Slices  
Salt & Pepper to season

Score long cuts in the pork belly skin/fat side.

Season with Salt & Pepper on the flesh side.

Slice onions with skins on, crush garlic, chop chilli, and thick orange slices in the roasting tray.

Add juice, honey (maple syrup), cider wine vinegar and brown sugar.

Place Pork on top with skin/fat side up.

Cover with tin foil.

Place in oven at 140 degrees (Gas Mark 1-2) for 1.5 hours  
Remove. Turn oven up to 200 degrees (Gas Mark 5-6) and while the oven is hotting up:

Strain liquid into a sauce pot and simmer until slightly syrupy. Place Pork back into the oven for a further 30 minutes or until golden brown and crispy. 15 minutes before the end brush Pork with some of the syrup.

When finished let it rest for 10 minutes before cutting and serve with your favourite potatoes and vegetables  
The syrup is lovely to pour over the meat on the plate too.

ENJOY!

*Derry Clarke*