



Braised Spanish Iberico Pork Belly w/ Sweet Honey Fennel Salad

Preparation:

Iberico Pork Belly

1. For the Rub: Preheat oven to 350 degrees F. Combine the rub ingredients and very thoroughly mix. Using a sharp knife, score a 1-inch grid pattern into the fat of the pork belly. Rub the pork belly all over with the spice mixture.
2. For the Braise: Heat a large roasting pan over medium high heat with a few tablespoons of olive oil. Sear the pork, on all sides, until brown and crispy. Flip pork fat side up and add the carrots, celery, red onion, fennel, fennel seeds, apple juice, and beer and season with salt. Bring to a boil, transfer to 350 degree oven and cook, uncovered, for 1 1/2 to 2 hours. Continually check that there is a decent amount of braising liquid in pan while cooking. If low, you may add more apple juice or water to keep from drying up or burning.
3. Slice pork belly on a bias and serve over the fennel salad. You may brush the top of the pork with some of the remaining braising liquid or some of the fennel honey from the fennel salad. Garnish with chopped cilantro. Serve immediately.

Honey Fennel Salad

1. For the Fennel Honey: Toast the fennel seeds in a small sauté pan. Once fragrant, add the honey, and cook over low heat for 2 minutes to allow flavors to come together.
2. For the Fennel Salad: In a large bowl, combine the cucumber, red onion, red bell pepper, fennel, mint, basil, crushed red pepper flakes, 2 tablespoons of fennel honey, and apple cider vinegar. Toss thoroughly to coat and season with salt and freshly ground pepper.
3. You may lightly sauté if preferred warm, or can serve cold. Serve as a bed under the braised pork belly.

Ingredients:

Serves 6

Iberico Pork Belly

- 2 pounds Iberico Pork Belly (skin removed)
- 2 Carrots (peeled; cut into 1/2-inch pieces)
- 3 stalks Celery (cut into 1/2-inch pieces)
- 1/2 Red Onion (sliced)
- 1 tablespoon Fennel Seeds
- 1 bottle Beer
- 12 ounces Apple Juice
- 1 tablespoon chopped cilantro

Rub Mixture

- Extra Virgin Olive Oil
- 1/2 cup Brown Sugar
- 2 tablespoons Fennel (toasted and ground)
- 3 tablespoons Salt
- 1 tablespoon crushed Red Pepper Flakes

Honey Fennel Salad

- 1 Cucumber, seeded, thinly sliced
- 1/2 Red Onion, thinly sliced
- 1 Red Bell Pepper, thinly sliced
- 1 bulb Fennel, thinly sliced
- 1/4 cup Mint, chopped
- 1/4 cup Basil Leaves, chopped
- 1 teaspoon crushed Red Pepper Flakes
- 2 tablespoons Apple Cider Vinegar
- 1 tablespoon toasted Fennel Seeds
- 1/3 cup Honey
- Salt and freshly ground Pepper

From the farms of Spain come some of the best pork in the world. Raised in a rugged climate and feeding on a diet of acorns, the finished product is juicy, tender and intensely flavorful.

Estimated Plate Cost: \$3-\$3.50

Valued Selling Price: \$12-\$22+

Estimated Food Cost Percentage:
27%-14.7% and under.

