

Confit Pork Belly, Scallop, Cauliflower Puree, Cider Jus

Ingredients

for the pork belly

400g pork belly (80g -100g per portion)
150g coarse sea salt
bunch of thyme leaves
1 tablespoon of coriander seeds/fennel seeds (toasted and crushed)
1 clove of garlic crushed
200g duck fat

for the scallop

1-2 scallops per portion depending on the size (have the small white muscle removed from the side)
1 knob of butter
salt and pepper
¼ lemon juiced

for the cauliflower puree

1 head of cauliflower cut into small florets
150ml of milk
30g butter
salt and pepper

for the cider jus

1 small onion cut into small dice
1 piece of celery finely chopped
1 carrot cut into small dice
small mix of fresh herbs such as sage, thyme and rosemary
400ml cider
300ml chicken stock
salt and pepper

Method

for the pork belly

You must start two days before. First you must lightly cure the belly to do this mix the salt, thyme leaves, the spices and the garlic in a bowl. Spread this mixture over the all sides of the pork belly. Leave this on a tray and place in the fridge for 12 hours.

For the next step wash the salt from the pork and dry the pork well. Place the pork in a tray and add the melted duck fat. The duck fat should cover the pork. Put this in a very low oven 120°C for about 3-4 hours, or until when you push a small knife into the centre it meets very little resistance. Once you are happy with the cooking allow it to cool for about an hour. At this stage remove the pork from the tray (the duck fat can be strained and used again just remember to keep it in a fridge), place the pork on a tray between two sheets of parchment. Put another tray on top of it and some weight. Keep this in the fridge for at least 12 hours. This will compress the

pork and the fat and allow it to cook easily when you need it. Before you need to cook the pork again cut it into rectangle pieces (about 3 inches by 1 inch).

for the cauliflower puree

Add the florets to a small pot cover with the milk and add the nutmeg. Cook this on a low heat for about 15-20 minutes until the cauliflower is soft. At this stage add the cauliflower to a blender and add enough milk to allow it to come to a smooth puree, season it and add the butter. Keep in container until needed.

for the cider jus

Add the diced onions and herbs to a pot with a little oil and salt. Cook this for about 5 minutes. Next add the celery and cook for a further 5 minutes repeat with the carrots. Add the cider and cook this until the cider has reduced about well over half way. Add the stock and cook for a further 30 minutes. Strain the sauce and reduce it to you required thickness, season it with salt and pepper.

to cook for service

Start with the pork place fat side down on a pan of medium heat with. Cook this for about 20 minutes turning once or twice. The fat should have rendered down slightly and it will have taken on a beautiful brown colour.

Heat the sauce and heat the puree, keep them warm until need.

To cook the scallops heat a pan to medium to high heat. Season the scallops with salt and pepper. Add some oil to the pan and place the scallops to the pan. Allow them to cook for about 3 minutes. Turn them over and add the butter. Turn the heat off and allow to cook for a further 2 minutes.

to serve

Place some puree in the centre of the plate; place the pork on top with the scallops to the side. Drizzle some of the sauce over them.