

SLOW COOKED PORK WITH PLUM SAUCE



Serves
6



Prep
Time 10 mins



Cook Time 7-8 hours (slower cooker - Low)
or 3 ½ - 4 hours (Oven)

A Little
More Effort



INGREDIENTS

- 1 kg pork belly, bone in, skin removed
- 1 red onion, sliced
- 1 Gregg's Cinnamon Quill
- 3 Gregg's Whole Star Anise
- 1 tsp Gregg's Ground Chinese Five Spice
- ½ cup Wattie's Creations Asian Plum Sauce

METHOD

1. Preheat the slow cooker on low. Put onions, **Gregg's Cinnamon Quill** and **Gregg's Whole Star Anise** into the slow cooker. Sprinkle over **Gregg's Ground Chinese Five Spice**. Place the pork on the onions and spices. Mix together **Wattie's Creations Asian Plum Sauce** and rice wine. Pour over the pork.

- ¼ cup rice wine or water

To Serve:

- Bao buns
- Cucumber ribbons
- Sliced spring onions
- Thinly sliced red capsicum
- Fresh coriander leaves
- Extra **Wattie's Creations Asian Plum Sauce**

2. Cover and cook on low for 7-8 hours, until the meat pulls away from the bone. Remove the pork from the slow cooker. Pour the remaining sauce and onions into a saucepan. Bring to the boil and allow the sauce to reduce to approximately ½ cup.
3. Shred the pork with 2 forks. Mix through the reduced sauce and onions to coat the pork.
4. Fill Bao buns with pork, cucumber ribbons, sliced spring onions, thinly sliced red capsicum, fresh coriander leaves and a drizzle of extra plum sauce.

TIPS

- If your belly pork has the skin (rind) on, remove it and cook separately to make crackling which can be served in the Bao Buns with the pulled pork. To make perfect crackling – rub salt into the rind. Refrigerate for 1-2 hrs or ideally overnight to allow the rind to dry out. Preheat oven to 200°C (fan assisted). Place rind – skin side up onto a rack which is sat over a shallow baking dish. Roast for 40-45 minutes or until the rind is golden and crispy. Allow to sit for 5 minutes before cutting into pieces.
- To make cucumber ribbons, cut your telegraph cucumber to a length of about 10cm, using a potato peeler or mandolin peel or slice lengthwise into thin ribbons.
- This recipe can be cooked in a casserole dish in an oven 150°C (fan assisted), adding an extra ½ cup of water for 3 ½ - 4 hours or until the meat falls from the bone. Reducing the sauce at the end of cooking on the stove top will not be necessary.

SWAP IT OUT

- Replace pork belly with a piece of beef brisket if wished.