

balsamic reduction pork belly

Serves 6 to 8 people

ingredients

- 1-1.2kg Pork Belly
- 2 cups Balsamic Vinegar, strained
- ½ cup light Soy Sauce
- 4 cups water
- 4 tablespoons sugar or 2 blocks Chinese rock sugar
- 4 cm ginger-sliced
- 1 whole garlic-cut into 2 halves
- 2 eschalots (or red shallots), roughly chopped
- 1 Star Anise
- 2 Dried Chillies
- 3 tablespoons vegetable oil
- Extra: finely sliced ginger and spring onion for garnish

method

1. Cut pork into 3.5cm width strips. (You'll get 4 to 5 strips out of 1-1.2kg)
2. In a heavy base pot, heat oil. Add ginger, shallots and garlic. Stir until aromatics become fragrant. Add star anise and chilli. Stir for further 30 seconds or so. Gently add strained balsamic vinegar, water, sugar and soy.
3. Bring stock to a gentle boil. Add pork, skin up, making sure all the meat is covered in stock. Add some more water if necessary. It can be reduced down later. Bring it back to a gentle boil again, then turn down heat as low as possible. Let simmer for 1½ hours. Skim the top layer of oil occasionally.
4. With last 15 minutes of cooking remaining, gently lift out all the meat into a bowl, taking care not to break any of the meat. Cover with cling wrap immediately.
5. Start reducing the stock by returning it to a boil. Stir occasionally. When you reached a thick slurry, or just dripping slowly off a spoon, it's ready. It should have a glossy appearance. Most of the acid from the Balsamic Vinegar should be cooked off by now, leaving a sweet, with only a hint of acid flavour. Turn off heat completely. Sauce will thicken more when cooled a bit.
6. Slice pork diagonally into bite size pieces, flatten with side of knife. Plate cut pork on a flat platter. Drizzle sauce over pork. For a rustic finish, include some of the unbroken down bits of aromatics. Garnish with finely sliced fresh ginger and spring onion. Serve immediately with piping hot mash or steamed rice.
7. Best served over a bed of salad (eg. rocket, cucumber or finely sliced cabbage or iceberg lettuce).

tips

If sauce is reduced too much, or too thick when cooled, just add 2 tablespoons of hot water and stir through. Do not cut pork until ready to eat. Always keep pork tightly covered until ready to cut. Once cut it has to be consumed immediately or it may become dry and flaky. Keep sauce and meat separately until ready to serve. This dish will keep fresh in refrigerator for 2 days. Pork Ribs may be substituted for this recipe.

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Diagonally sliced



Flatten with the side of knife



Garnished with finely sliced fresh ginger and spring onion.
Served on a bed of rocket and Lebanese cucumber.

balsamic tomato relish

Makes 1 jar

ingredients

- 4 Tomatoes, roughly chopped
- 2 Eschalot, roughly chopped
- 4 cloves garlic, roughly chopped
- 3 tablespoons brown sugar
- Juice of 1 Lemon
- 2 tablespoons vegetable oil
- 3 tablespoons thick balsamic vinegar – Balsamic Glaze
- 3 tablespoons Balsamic vinegar
- 1 dried chilli, crushed
- Pinch of sea salt

method

1. Heat oil in heavy based saucepan.
2. Add garlic and eschalots. Stir till fragrant.
3. Add brown sugar and stir till sugar is dissolved.
4. Add tomatoes, stir for 1 minute or so, add balsamic glaze, balsamic vinegar, chilli and salt. Stir, then add lemon juice.
5. Turn heat low. Simmer for approximately 10-15 minutes or until all tomatoes have broken down into soft pieces and sauce has a glossy appearance.



Consistency

pear sauce marinade

ingredients

- 1 large pears, peeled
- 2 eschalots (French onions), roughly chopped
- 4 cloves garlic-crushed
- 2 dried chillies (leave out for a kids friendly version)
- 1/4 cup light soy sauce
- 1 tablespoon brown sugar
- 3 tablespoons vegetable oil
- 1/2 teaspoon white pepper

method

1. Blend into smooth paste.

ideal marinade for

Thinly sliced beef, chicken and pork; ribs, lamb chops or chicken wings.

Thinly sliced meats only need 30 minutes to 1 hour of marinating. Steak cuts need at least 4 hours of marinating.

alternative

To make into a stir-fry sauce; in a saucepan, heat 3 tablespoons of vegetable oil. Add in paste, bring to a gentle boil. Turn down heat, let simmer for 15-20 minutes. Stir occasionally. Let cool.

When cooled, store in an airtight jar. Use 4-5 tablespoons for a quick meat and veggie stir-fry. Also ideal as a stir-through sauce for hot noodles.

Sauce will keep in the fridge up to a week.



Cooked sauce



charred fillet steak burger

with grilled pear tomato relish

Serves 4 people



ingredients

- 500g prime cut steak (Porterhouse, Scotch Fillet, etc), sliced into 4 portions, at approximately 1.5cm thickness
- 2 Peckham Pears, sliced ½ cm and cut from top to bottom
- 4 whole grain Burger Rolls
- 50g Rocket / Spinach Salad mix
- 2 Red onions, sliced in rings ½ cm thick
- 80g cheese, to your preference (Swiss, Gruyere or Cheddar), thinly sliced
- 8 tablespoons Relish (as previous recipe)
- Balsamic Glaze for drizzling
- Olive oil for drizzling
- Pinch of sea salt

method

1. Grill both sides of pear until golden brown and set aside.
2. Grill onion rings – keep crunchiness and set aside.
3. Grill steak on hot griddle – to preference, making sure it's charred on outside.
4. Use cover to retain the smokey flavour throughout the cooking process.
5. When steak is turned, place cheese on top of steak so it melts naturally.
6. When cooked, allow steak to rest for 10-15 minutes.
7. Cut rolls into halves and grill to toast.

assembly

- Layer cooked ingredients – relish / pear / onion / pear / rocket salad / pear and cheese topped steak adding relish to finish.
- Drizzle olive oil, Balsamic Glaze, dollops of relish around the plate and sprinkling of salt to finish.

charred fillet steak burger
with grilled pear tomato relish
Serves 4 people



Cover with lid during grilling to capture the smokey flavour



Melting cheese on cooked side of steak

Assembling



Knife through the burger will hold everything together

Olive oil and balsamic glaze drizzle, dollops of relish and a sprinkling of sea salt to finish