



# Pork Belly Roast

**Servings:** 4  
**Total Time:** 3 hrs 15 mins  
**Cooking Time:** 3 hrs  
**Resting Time:** 15 mins  
**Preheat Oven to 240°C**



## METHOD

Pat the pork dry with a tea towel and narrowly score the skin neatly & liberally across the pork to about halfway through the fat beneath the skin.

With a pestle & mortar, grind the celery seeds & course salt until well combined.

Place the pork in a roasting pan and pour half the olive oil over the top of the skin. Sprinkle over half the celery salt mixture & rub into the skin well. Pour over the rest of the olive oil & rub the remaining celery salt mixture into the skin & between the slices very well.

Cut the carrots & celery stalks into 4 pieces & the onion into 8 wedges. Add to the same pan together with the garlic & thyme.

Place the meat on top of the vegetables & grill in the oven for 10-15 mins until the skin has crisped & turned golden brown.

Turn the oven down to 170°C and roast for 1½ hrs. Pour ¾ of the wine into the bottom of the pan and roast for a further 1 hr.

Turn the oven off & remove the pan from the oven. Place a little of the juices and then the roast into serving dish and place in the oven to rest and keep warm.

Prepare the gravy by mashing up the vegetables into the juices, and on a high heat, whisk in the flour and cook for 1 min. While still whisking, slowly add the rest of the wine. Reduce the heat to low and simmer for 2-3 mins until thickened (add water if the gravy is too thick). Add gravy browning to colour. Strain the gravy through a sieve into a gravy boat.

## INGREDIENTS

1,2-1,5 kg pork belly  
 1 Tbsp celery seeds  
 1 Tbsp course salt  
 100ml extra virgin olive oil

2 large carrots, peeled  
 4 celery stalks, trimmed  
 1 large onion, peeled  
 4 cloves of garlic, peeled  
 8 sprigs of fresh thyme



1 bottle (750ml) dry white wine

### For the Gravy

*(using juices & vegetables from the pan)*

4 Tbsp cake flour or  
 White Onion Soup Mix\*  
 a few drops of gravy browning



**LCHF** Use White Onion Soup Mix\* instead of flour to thicken the gravy.



When ready to serve, remove & slice the crackling and set aside. Pull the pork apart and serve with the gravy & crackling.

