

# Recipes from our pub kitchen

by Amanda Pritchett

## Roast Pork belly with lentils, fennel and salsa verde

If I could only have one meat dish, this might be it. You could make this with grilled pork chops or Italian sausage instead if you want a simpler dish. If you don't fancy fennel, then some greens would be lovely. The belly needs to be marinated for 8 hours.

### Ingredients (Serves 4)

#### Pork Belly

1.2 kg pork belly with skin – scored  
3 tsp sea salt  
2 tsp crushed fennel seeds  
2 sprigs Rosemary chopped  
2 cloves garlic grated  
2 tsp black peppercorns crushed  
½ tsp chilli flakes  
1 tablespoon olive oil

#### Braised lentils

200g puy lentils  
1 medium onion or ½ a large one, 1 carrot, 1 stick celery – all chopped  
1 clove garlic chopped  
30 ml olive oil  
130ml passata  
1 bay leaf  
50 ml white wine  
1 tsp sea salt  
Stalks from the parsley – chopped

#### Roast fennel

1 x large fennel bulb,

Seasoning

#### Salsa verde (mix together the following ingredients)

2 anchovy fillets finely chopped  
4 tsp capers  
25g chopped curly or flat leaved parsley  
1 small shallot finely chopped  
1 clove garlic finely chopped  
1 pinch salt  
1 pinch sugar  
1 tsp mustard  
60ml olive oil  
20 ml lemon juice  
2 chopped cornichons (optional)

### Method

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Rub the pork belly with the marinade and leave overnight or 8 hours. Place in a roasting tray and wipe the salt and herbs from the skin into the tray and add enough water to come about half way up the side of the belly. Roast for about 3 hours at 150c and then pour off the liquid and save it. Roast for another hour at 120c and then rest the meat, while you cook the lentils.

For the braised lentils. Heat the oil in a 2-litre pan, and sweat the onion, carrot and celery and garlic on low heat for 10 mins with a pinch of salt with the lid on. Add the lentils, wine, passata, bay leaf, parsley and juices from the pork made up to 450ml with water. Cover and simmer gently for 30 mins or until the lentils are tender but still have a bite.

Cut the fennel into 8 or 12 wedges and sear on both sides in a hot pan with a little oil. Transfer to a tray, season with salt and pepper, and a pinch of chilli flakes if you like, and roast at 180c for about 15 mins or until just tender.

When you are ready to serve, turn up the heat to 230c and roast for 20 mins to crisp the skin. Carve the pork and serve with the lentils, fennel and spoon over some salsa verde.