Roast Pork Belly with Caramelised Onions

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1 medium block of pork belly
- 1 large red onion, finely sliced
- glug of white wine
- rosemary or thyme sprigs (or both)
- 4 or 5 cloves of garlic, smashed whole
- salt, pepper, olive oil

Instructions

This is a really simple recipe that gives you a great base for a meal with next to no effort - you just bung it in the oven and forget about it. As the pork cooks, it releases fat which caramelises the onions underneath it. I served the pork resting on a bed of the onions, with brussels sprouts on the side.

1. Preheat the oven to 230C.

2. Score the skin / fat of your pork with a very sharp knife. **Season the skin generously** with salt and pepper. Set aside to dry out a little.

3. Slice the onions very thinly. Create a "bed" of onions on the baking tray, to go underneath the pork (so don't spread them all out - you want the fat to drip down on them). Lay the herb sprigs and garlic on top of the bed of onions and season with a little salt and pepper.

4. Lay the pork on top of the onion-herb bed. Drizzle generously with olive oil, to cover the pork skin. Pour white wine around the onions. Put in the oven for about an hour. You'll need to keep checking it throughout, to make sure the skin

isn't burning or the liquid hasn't all gone - if things are looking a bit dry add more wine. Adjust temperature and cooking time until the pork is done to your liking.

5. Remove pork and **IMPORTANT**! let it rest for about 10 mins. This will make it easier to carve. You can put the onions back in the oven to cook more if you like.

6. Carve and serve!