

Total Time: 60 minutes
Prep Time: 30 Minutes
Cook Time: 30 Minutes
Servings: 4 - 8 People

INGREDIENTS:

FOR PORK BELLY:

1 whole pork belly, trimmed of all the extra fat, so you are just left with a nice neat sheet of pork belly of about 30cm x 30cm (You can ask and specify all these instructions to your personal butcher)

Jan Braai Paprika salt
string to tie the belly into a roll
Jan Braai ribs and wings sauce

FOR THE FOCACCIA:

2 cups flour
1 packet instant yeast
1 teaspoon salt
1 cup water
olive oil
1 potato, sliced very thinly
salt and pepper
Parmesan cheese (grated to sprinkle on top of the potatoes)

FOR THE MUSTARD DRESSING:

1 tablespoon wholegrain mustard
1 tablespoon Dijon mustard
1 garlic clove, chopped and crushed very finely
1 tot apple cider vinegar
Juice from 1 lemon (optional)
Salt and pepper
½ cup olive oil

FOR THE APPLES

1 green apple (golden delicious or granny smith)
2 tots' butter



JAN BRAAI PORK BELLY WITH BRAAIED APPLES AND FOCACCIA



Suitable for a special dinner to impress friends or family.

Pork belly has never been so delicious. What a combination, sweet and salty. Jan Braai shows off with this incredible recipe. Prepare to be blown away!

INSTRUCTIONS:

1. Place your **pork belly** on a **flat surface** and **season** well with **Jan Braai paprika salt** on the **one side**, you can also use a mixture of salt pepper and paprika.
2. **Roll** the belly up **tightly** and **tie with string** so it forms a nice, neat roll. **Bake** the pork belly at **140°C** for about **3 hours**. This can be done in your smoker or kitchen oven as you see fit. Let this rest and **cool down** before cutting into portions.
3. For the **dressing**, **combine** all the ingredients together and mix well so that the oil and mustard form the dressing.
4. For the **focaccia**: **mix** together the flour, yeast and salt. **Add** the **water** and mix together to form a **soft runny dough**. Use your fingers to **make some holes** in the dough, **pour** olive oil over and let this rest and rise until double the size.
5. **Place** the **dough** into a fireproof pan or potjie and **top** with some **more oil**, **salt** and **rosemary** and the **thin slices** of **potato** on top of the dough. **Bake** this on the **fire** with **coals underneath** and **on the lid** for about **30 minutes** until the **potatoes** are turning **golden brown** and cooked. After 30 minutes **place** the **cheese on top** of the bread and **bake again**, this time with **more heat** on the **top**. Take it off the fire when its all cooked, potatoes baked and the cheese melted.
6. In a pan, **melt** the **butter** and **pan fry** the **apple blocks** for a few minutes.
7. **Drizzle** the pork belly portion with **Jan Braai ribs and wings sauce** and **braai** on a hinged grid on **both sides** until the **sauce** is **sticky** and **caramelised**.
8. **Plate your meal**: start with the **mustard dressing** at the **bottom** of the plate. Then the **braaied pork belly** and **top** with **braaied apple blocks** and a side serving of your **potato focaccia**.

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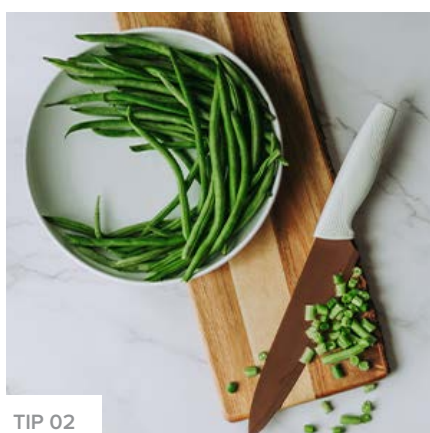


MEGAMASTER RECIPE TIPS



TIP 01

Traditionally, **pork pairs best** with these **herbs and spices**: sage, thyme, rosemary, caraway seeds, mustard seeds, fennel, cloves, garlic and parsley.



TIP 02

For those who rather eat some **greens** with your Pork belly, roasted **parmesan green beans** will be your answer.



TIP 03

For something **sweet** but also **healthy** try **roasted carrots**.