

DISHPATCH

FLESH & BUNS

CRISPY PIGLET BELLY BUNS

By Flesh & Buns

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COOKING TIME:

20 MINUTES

SERVES 2

IN THE BOX

- (1) Pork belly
- (2) Hirata buns
- (3) Bamboo leaf
- (4) Shiso leaves
- (5) Karashi miso
- (6) Pickled apple

Baking paper

COOKING INSTRUCTIONS

Preheat the oven to 220°C/200°C fan.

Remove the pork belly (1) from the fridge and bring it up to room temperature.

MEAT

1. Find a medium saucepan that comfortably fits a bamboo steamer on top. Fill it three-quarters full with water and bring to the boil. If you don't have a steamer, follow the tip below on how to make one.
2. While the water is coming to the boil, place a large frying pan over a medium heat and pour in 1 tbsp oil.
3. Place the pork belly (1) skin-side down into the frying pan, then cover with a piece of the baking paper provided. Top the meat with a weight, such as a can or a small saucepan – this will press the meat down and ensure evenly crispy skin. Cook for 10–12 minutes, until the skin starts to colour.
4. Remove the weight and transfer the pork belly, still skin-side down, to an ovenproof dish.
5. Pop the dish in the oven and cook for 5–7 minutes, until the skin is light brown.

While the pork belly is in the oven, prepare the buns.

"Pork and apple is a classic combination, so we serve our crispy-skinned British pork belly with pickled apple, as well as a punchy miso and Japanese mustard sauce."

BUNS

1. Place a piece of the baking paper provided at the bottom of the bamboo steamer basket and lay the hirata buns (2) on top.
2. Set the steamer over the saucepan of water and pop the lid on. Steam for 8 minutes, keeping the water bubbling underneath. The buns are ready when they are soft and bouncy.

TO SERVE

1. Use a bread knife to slice the pork belly vertically into six pieces. Lay the bamboo leaf (3) on a serving plate and top with the pork pieces.
2. Place the shiso leaves (4), karashi miso (5) and pickled apple (6) onto side plates or into small serving bowls, then place on the table alongside the pork belly and the steamer basket full of buns.
3. To build your buns, remove one from the steamer and add a little karashi miso and a piece of pork. Garnish with the leaves and pickles, then devour!

TOP TIP: HOW TO MAKE A STEAMER

1. Use a lidded saucepan that's wide enough to hold a colander and deep enough that the colander isn't submerged in the water. The lid should sit comfortably over the rim of the colander to ensure that minimal steam can escape.
2. Fill the saucepan with water to just below the colander and bring the water to a boil. Now follow the instructions from step 1 of the buns section.



STORAGE

Transfer all components to the fridge as soon as received. **Ensure all items are chilled on arrival.**

CONSUME BEFORE

The end of the date on the sticker inside the box's lid. Do not exceed the use-by date.

GOT A QUESTION?

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INGREDIENTS

Pork belly: pork belly, ginger, soy sauce (**soybeans**, **wheat** flour), salt, spring onion, water. Hirata buns: **wheat** flour, yeast, baking powder, sugar, salt, **egg** white, vegetable oil, potato starch, water. Bamboo leaf. Shiso leaves. Karashi miso: apple juice, Japanese **mustard**, rice vinegar, caster sugar, sea salt, water, saké (alcohol), Hikari miso (**soybeans**), Ryoriten miso (**soybeans**). Pickled apple: apples, salt, water, citric acid, apple juice, rice vinegar, sugar, honey, lemon juice, sea salt, kombu, shiitake mushrooms, katsuobushi flakes (**fish**).

ALLERGENS

For allergens, including Cereals containing Gluten, see ingredients in **bold**. Made in a kitchen that handles all 14 allergens, including nuts.