



# Pineapple Braised Pork Belly with Wild Appetite Exotic Mango Chutney

We always cook pork belly the same way now. In pineapple juice! It adds a little sweetness to the belly and also the juice gets all the flavour from the pork and makes a wonderful glaze. You can serve this with so many things we have added our exotic mango chutney.



## Ingredients

- 1kg Pork belly
- Salt – Enough to liberally coat the pork skin
- Ground pepper to suit your taste
- 2l Pineapple juice
- 250ml beef or chicken stock
- [Wild Appetite Exotic Mango Chutney](#) – Amount depends on your taste
- 50g Parsley, chopped

## Method

You need to do this recipe the night before or the morning of your dinner. First step will be to deal with the pork, rub some salt and pepper on the flesh side of the pork then flip over. Score the skin of the belly being sure not to actually cut through the skin.

Liberally salt the skin and also rub in the ground pepper.

Place into a deep oven dish and add the pineapple juice until it reaches just below the skin. It is important to keep the skin as dry as possible.

Slowly braise the pork belly in the pineapple juice until very tender. Should be approximately 3 hours on 140-160°C.

When it is cooked remove from the juice.

Press between two chopping boards or trays in the fridge overnight or for at least 4 hours until cold. The more weight on the top tray you can do the better and this will give you a more restaurant look at the end.

Reduce the cooking liquor in a pot and add the stock to make a nice syrup, reduce by approx. 2/3's tasting constantly to make sure it doesn't become too salty.

When the belly is cold cut into even pieces.

When you are ready to serve re-roast the pork belly skin up for 20 minutes at 180°C and the skin should go crispy.

The pork belly is sweet and salty so to add the extra level of spice and add the [Wild Appetite Mango Chutney](#). Finish the whole dish off with a liberal sprinkling of freshly chopped parsley.