

Eddie Attwell
Garnish restaurant
Eccles Hotel
Serves 4

Braised Rosscarbery pork belly, garden radish, barley, apple, lovage

Pork Belly brine

1\2 belly, if possible ask the butcher for the thicker end of the belly and bones removed
2.25 litres water
450g salt
60 g sugar
1 lemon sliced
1 orange sliced
5 cloves of garlic
10 coriander seeds
10 black peppercorns
3 star anise
10 fennel seeds
Sprig of thyme
2,25 kg ice

Place all ingredients apart from the ice into a pan, bring to the boil then simmer gently until salt and sugar is dissolved,

Remove from heat and pour over ice , this should be ready to use immediately

Submerge the pork belly into the brine, cover and refrigerate for 24 hours

Rinse the pork belly and pat dry ,

Add the pork belly to a suitable braising tray, pour over half cider and water until the belly is submerged, add chopped apples, onion, garlic and thyme.

Seal the tray with greaseproof paper and cover with foil.

Place in the oven at 120 Celsius, the belly will be cooked and ready in approx. 8 hours, personally the belly is a different product if left for 12 hours and if possible 24.

Take note although the belly is cooked do not remove from the liquid until cooled.

Wrap belly in cling film and press under a weight in the fridge

Portion into cubes and seal on a hot pan to serve,

The cooking liquid can tend to be salt when reduced , but can make a great glaze for brushing on the pork and to finish, (preference of skin on or off is up to yourself, once cooled the skin can be removed and dried in a low oven, scrape the soft fat off the back of the skin, and return to the oven until dry, pat dry with paper towel

In a deep fat fryer or pan of oil drop in the skin to make pork puffs, season and serve

Braised barley

150g pearl barley
1 shallot
1 clove garlic
200 ml cider
200 ml chicken stock
Sprig of thyme

On an oven tray dry roast the barley until golden,
In a saucepan sweat the garlic thyme and shallot in a little rapeseed oil until soft with no colour, add the barley and toss through
Add cider and reduce by half reserving a splash to finish
Add chicken stock and cook until just plump,
Finish with a little butter the reserved cider.

Garnish the barley with fresh granny smith apple dice and freshly chopped lovage

Radish

Pickled, charred and raw sliced

Radish pickle

100ml cider vinegar

50ml rice vinegar

50 g sugar

3 black peppercorns

5 coriander seeds

Sprig thyme

200ml water

200ml apple juice

Put all ingredients into a pan bring to boil and simmer gently for approx. 5 minutes,

Time left in the pickle will determine the texture of your radish

Cut radish in half and pour over the warm pickle , wrap and allow to cool,

Charred radish

Simply using a blowtorch dry torch the radish for a little colour , then sprinkle with rapeseed and season with salt

Sliced radish

Thinly slice the radish and reserve into ice water , this will crisp the radish