



Difficult



over 2 hrs

# Slow cooked pork belly with pesto and fennel filling

SERVES: 6-8

PREPARATION TIME: 15 minutes

COOKING TIME: 4 ½ hours

## Ingredients

- 4 tbsp sea salt
- 1 tbsp Filippo Berio Olive Oil
- 2 tbsp fennel seeds
- Zest of 2 lemons
- 3 garlic cloves, peeled and finely chopped
- 2 sprigs of rosemary, finely chopped
- 4 tbsp Filippo Berio Tomato & Ricotta Pesto
- 2kg piece of pork belly boned and skin on

## Method

1. Pre-heat the oven to 180C (fan assisted)/400F/Gas Mark 6. Using a sharp knife, score the skin of the pork and using your hands, rub the skin with sea salt and Filippo Berio Olive Oil.
2. Toast the fennel seeds in a dry heated frying pan for 30 seconds. Combine the lemon zest, garlic, rosemary and Filippo Berio Tomato &

Ricotta Pesto in a small food processor or pestle and mortar.

3. Lay the pork skin side down. Smear the fennel and pesto mixture over the meat and season with black pepper.
4. Roll the meat into a neat round joint and secure at regular intervals with string.
5. Put the joint into a lightly oiled roasting tray and cook at 180C (fan assisted)/400F/Gas Mark 6 for 30 minutes. Turn the heat down to 160C (fan assisted)/350F/Gas Mark 4 and cook for a further 4 hours.
6. Remove the joint from the oven and rest for 20 minutes. Carve into slices and serve with soft polenta, a risotto or simply with green vegetables.

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