

Roasted pork belly with beetroot and red cabbage salad

Total time **120 mins** 30 mins preparation time 90 mins cooking time

Nutritional facts (per portion):
7420.2 kJ / 1769.2 kcal

Fat: **63.5 g** Protein: **123 g**
Carbohydrates: **146.1 g**

INGREDIENTS

4 portion(s)

For the sauce base:

1 onion
1 carrot
0.5 bulb garlic
100 g celeriac
3 tbsp rapeseed oil
1 tbsp tomato purée
1 tsp peppercorns (unground)
1 bay leaf
200 ml red wine
100 ml Kikkoman Naturally Brewed Soy Sauce
200 ml apple juice

For the pork belly:

1 kg pork belly
1 quince

For the raw beetroot salad:

400 g red cabbage
400 g raw beetroot
3 tbsp Kikkoman Naturally Brewed Soy Sauce
4 tbsp dark balsamic vinegar
2 tbsp honey
4 pinch of ground cumin
20 g dill
20 g parsley

For the potatoes:

600 g baby potatoes
4 tsp salt

For the pork belly finish:

2 tbsp honey
4 tbsp Kikkoman Naturally Brewed Soy Sauce

PREPARATION

Step 1

1 onion - **1** carrot - **0.5** bulb garlic - **100 g** celeriac - **3 tbsp** rapeseed oil - **1 tbsp** tomato purée - **1 tsp** peppercorns (unground) - **1** bay leaf - **200 ml** red wine - **100 ml** Kikkoman Naturally Brewed Soy Sauce - **200 ml** apple juice

Peel and coarsely chop the onions. Wash and dry the carrot and celeriac and chop into walnut-sized pieces. Place all this together with the crushed garlic in a pan with the rapeseed oil and fry until golden brown. Add the tomato purée, peppercorns and bay leaf and fry briefly. Deglaze with red wine, Kikkoman Soy Sauce and apple juice and reduce by $\frac{1}{4}$. Then filter this stock through a sieve into a jug or bowl. Discard the solids.

Step 2

1 kg pork belly - **1** quince

Preheat the oven to 180 °C top and bottom heat. Remove any bones from the pork belly if necessary. Score the skin in a crisscross pattern. Wash, peel and chop the quince. Place the pork belly in a roasting tin together with the stock from step 1 and the quince pieces. Cook in the oven for about 90 minutes, covered.

Step 3

400 g red cabbage - **400 g** beetroot - **3 tbsp** Kikkoman Naturally Brewed Soy Sauce - **4 tbsp** dark balsamic vinegar - **2 tbsp** honey - **4 pinch** of ground cumin - **20 g** dill - **20 g** parsley
Remove the outer leaves of the red cabbage. First quarter the red cabbage, cut out the stalk and then cut into fine strips. Peel the beetroot and grate it coarsely with a box grater. Marinate the red

cabbage and beetroot with Kikkoman Soy Sauce, balsamic vinegar, honey and cumin in a bowl. Wash and dry the dill and parsley, chop finely and mix into the salad.

Step 4

600 g baby potatoes - **4 tsp** salt

Wash the baby potatoes, place them in a pot of salted cold water and boil until soft. Drain the water and keep the potatoes covered and warm.

Step 5

2 tbsp honey - **4 tbsp** Kikkoman Naturally Brewed Soy Sauce

Pour off the pork belly stock into a bowl and finely blend with the quince pieces. Set the resulting jus aside. Bake the pork belly in a roasting tin at 220 °C for about 10 minutes more. Mix the Kikkoman Soy Sauce and honey and brush the baked pork belly with it. Cut the pork belly into 4 equal portions and serve with the jus, potatoes and salad.