

Sticky Pork Belly



Cooking Time: 1 hr 55 mins

Serves: 6

how to cook

- 1 Preheat the oven to Gas 6, 200°C, fan 180°C, 400°F.
- 2 Heat the oil in a small pan and cook the onion for 4-5 minutes until softened. Add the tomatoes and simmer rapidly for about 5 minutes until they soften and become thick and pulpy.
- 3 Stir in the cola, honey, Worcestershire sauce and paprika, bring to the boil and simmer for 10-12 minutes until the sauce has thickened.
- 4 Place the pork in a roasting tray and cover with the sauce, turning to ensure the meat is well coated. Roast skin-side up for 1 hour until cooked through. There should be enough sauce but cover the meat with foil if it looks dry.
- 5 Carve into thick slices and finish off by barbecuing or grilling for 8 minutes on each side or until nicely coloured.
- 6 The tomato and onion turn into a lovely marmalade to serve alongside.

what you need

- 1 kg John Penny pork belly joint
- 1 tbsp vegetable oil
- 1 onion, finely chopped
- 6 ripe tomatoes, roughly chopped
- 330 ml can cola
- 2 tbsp honey
- 2 tbsp Worcestershire sauce
- 1 tbsp smoked paprika

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