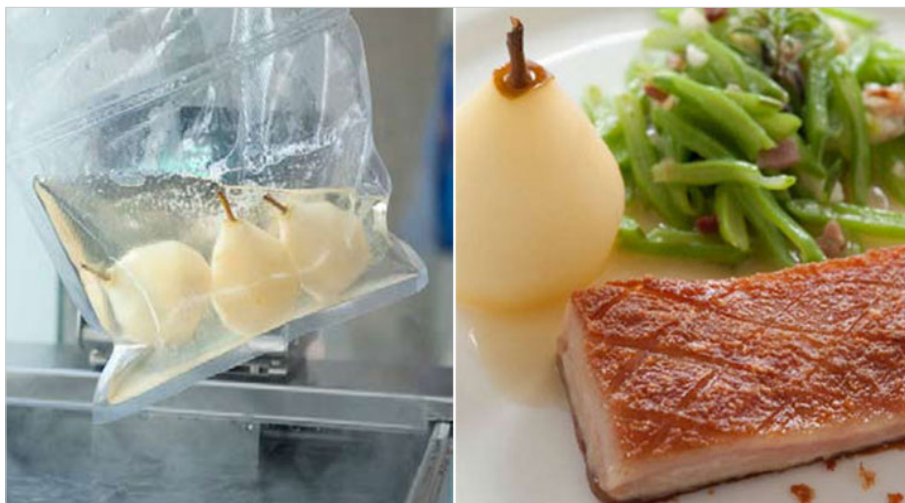


Beans, pears and pork belly sous vide

Author: Effilee

Preparation time: 13 hours

Cooking time: 13 hours



Ingredients

Pork belly (sous vide):

approx. 1 kg pork belly

80 g salt

30 g sugar

1 l water

1 star anise

5 pepper corns

1 small carrot

½ stalk leek

1 small onion

1 bay leaf

1 sprig thyme

Pears (sous vide):

4 cooking pears (small, hard pears)

1/2 l dry Riesling

½ l water

500 g sugar

Beans:

300 g cut green beans

Savory

In addition:

1 small shallot, diced

20 g bacon, diced

½ cooking pear, peeled and finely diced

Preparation

The beans must be cooked conventionally to avoid losing color.

Pork belly (sous vide):

Heat the salt and sugar in approximately half of the water until fully dissolved. Add the rest of the water, add vegetables and spices, and allow to cool thoroughly.

Marinate the pork belly in the liquid for 12 hours.

Remove from the marinade, scrape off all spices and vegetables, and pat to dry.

Seal in bag and cook for 12 hours at 82 °C in the **fusionchef** sous vide water bath. Remove and cool in ice water. Then place between two metal sheets and apply force. Cool.

Remove from bag. Set aside the aspic that formed and cut the belly into pieces of the desired size. Cut a diamond pattern into the skin.

Pears (sous vide):

Make a decoction from the wine, water, and sugar. Carefully peel the pears, allowing the stem to remain in place. Place pears into the decoction, seal in bag, and cook for 50-60 minutes at 82 °C in the **fusionchef** sous vide water bath.

Beans:

Remove the bean strings and cut the beans into strips approximately 5 mm in width. Fully cook in liberally salted water together with the savory, then immediately shock in ice water. Set aside.

Finishing:

To start the sauce, sweat a few cubes of shallot. Dust with flour and deglaze with the pork belly aspic. Simmer for a few minutes, then keep warm.

Coat a pan with a small amount of grease, brown the skin side of the pork belly until crisp. Turn over and keep warm.

Quickly sweat the bacon in a small sauté pan. Add the shallot cubes and sweat briefly. Add the beans and the pear cubes. Allow to warm. Arrange on pre-warmed plates and serve.

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