

Schwäbisch Hällisch` Pork belly sous vide

Author: Frank Buchholz
Preparation time: 30 minutes
Cooking time: 48 hours



Ingredients

For 4 people

800 g meaty pork belly
2 twigs of thyme
2 twigs of rosemary
1 tbsp ‚Schwerter‘ mustard (medium hot)
1 clove of garlic, slightly crushed
300 ml veal sauce, see basic recipe
A bit of olive oil
Sea salt
Fresh-milled pepper

Preparation

Season the pork belly, spread with mustard and herbs and vacuum with a good dash of olive oil. Cook sous vide for 48 hours in the **fusionchef** sous vide water bath at 60 °C. Remove the pork belly from the bag. Strain the stock through a sieve and add it to the veal sauce. Let it reduce a bit. Cut the pork belly into four pieces of equal size and brown them in a bit of oil. Glaze them with the reduced sauce.

This recipe was generously provided by Frank Buchholz. Image: © fotoknips / Fotolia.com