

Low and Slow – Lance Rosen

Pork 3 ways - Honey glazed pork belly, long cooked hammy greens, crackling

Pork belly ingredients

400g pork belly, skin off

Pork skin, from belly

2 tbs each Butchers Axe Rubs – Ranger & Hunter to be layered

Glaze ingredients

1 C honey

1 C Big Boy BBQ Dorothy's Dream BBQ sauce

¼ C Big Boy BBQ Pucker Up vinegar BBQ sauce

2 tsp each cracked black pepper, coarse and fine

Vinegar dip ingredients

White vinegar

Chilli flakes

Spritz

1 C Water

¼ C Worcestershire sauce

¼ C Apple cider vinegar

Mix well

Greens ingredients

2 bunches Tuscan kale

1 ham hock

Pork belly skin

2 L chicken stock, low salt

Sugar, to taste

Salt, to taste

Pepper

Chilli flakes

White vinegar

Method pork belly

Trim the pork belly into a uniform shape if required

Rub the pork belly, with Ranger and Hunter rubs and some more pepper if desired

Place a "tube" of foil under the centre of the belly to create a slight dome to aid with the formation of the bark

Spritz as required

Place on wire rack and place on the smoker until tender

Mix the honey, BBQ and vinegar sauce together

When the pork is cooked brush the belly slab with the glaze and cook further in the covered pan until the glaze has set

Method Greens

Trim the kale by removing the stalk and roughly chopping the leaves

Simmer the hock into the chicken stock in a Dutch oven on the smoker or in a pot on the stove

Add the greens and belly skin and simmer with the lid on until the hock is soft

Remove the hock, allow to cool and shred the meat off the bone

Discard the bones and excess fat

Season the greens with the white vinegar, salt, pepper and chilli to taste

Add the ham hock meat back to the greens and reserve

Method crackling

Remove the skin from the greens pot and scrape off any excess fat from the underside

Place the skin on the smoker to crisp up for crackling

Once crispy, remove and season with salt

Method vinegar dip

Place some chilli flakes into a dish

Cover with the white vinegar and allow to mix together until serving time

This can be done one day prior

To serve

Serve the greens in a bowl with some pot liquid

Slice the belly onto the greens

Smash the crackling with a knife and place some on top of the belly

Serve some chilli vinegar dip on the side