



## SLOW COOKER PORK BELLY & MASH

**SERVES**  
6

**PREP**  
35 minutes

**COOK**  
6 hours

### Ingredients

#### *Pork belly*

1kg pork belly  
2 carrots  
2 kumara  
4 potatoes  
2 onions  
4 garlic cloves  
1L good quality chicken stock

#### *Apple puree*

5 apples



### Method

#### *Pork belly*

Score the pork belly skin with a sharp knife.

Peel and chop into approx 5cm chunks the carrots, kumara, potatoes and onion; peel the garlic and place in the slow cooker.

Place the pork belly on top of the vegetables (skin side up) and cover with the chicken stock.

Cover with a piece of baking paper and set the slow cooker to cook for 6 hours.

When slow cooking is complete, take the pork belly out carefully and place the belly under a very hot grill to crisp up the crackling.

Drain the cooking liquid from the vegetables into a saucepan, bring to a rapid boil and simmer until reduced by 2/3. Skim any fat that appears on top whilst cooking.

Mash the vegetables with a potato masher, season to taste and keep warm.

#### *Apple puree*

Peel and slice the apple, place in a saucepan, add a little water (about 1/4 cup), cover with the lid and cook over a low heat until soft and tender, this should take approximately 10-15 minutes.

Puree in a blender (or use a stick blender or bullet).

Serve the pork belly sliced over the mash, drizzle with the reduced cooking juices, add some steamed greens of your choice and a little apple puree on the side.