

Braised Pork Belly

/ SUBMITTED BY CS1 JEFFERY PLOTZ, USCG

SERVES 9 TO 12



/ INGREDIENTS

3 to 4 pounds pork belly with skin removed
salt and pepper to taste
5 garlic cloves
3 sprigs of thyme
1 sprig of rosemary
2 to 3 cups chicken stock



/ DIRECTIONS

1. Preheat oven to 325 degrees.
2. Lightly score the fat side of the entire pork belly and trim the piece of meat until an even thickness. Add salt and pepper.
3. Start with a cold cast iron pan or a hot stainless steel pan that will fit the pork belly slab. Do not add oil to the pan.
4. Sear fat side down until golden brown. Once liquid starts to appear, add garlic, thyme, and rosemary. Baste with the flavored fat.
5. Flip the meat over and continue basting the now-crispy fat side for two minutes.
6. Add chicken stock until it reaches half way up the pork. Once simmering, remove from heat.
7. Lay parchment paper on top of the pork and add an even oven safe weight. For example, a sheet pan with weights, or a heavy pan could be used as weight for the pan.
8. Place pork and pans into the oven and roast for two hours or until fully cooked and tender.
9. Remove from oven and slice into desired size and serve. You can also leave the weights on top of the pork and let it cool completely and refrigerate overnight. When ready to serve, slice into desired portion size and roast fat side up until hot.

/ ABOUT THE CHEF

Petty Officer Plotz has served in the Coast Guard for five years and is deployed to the Coast Guard Cutter Sockeye, homeported in Bodega Bay, Calif.