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CONVECTION ROAST PORK BELLY

Why do we love to slow roast Pork Belly in Convection? Convection ensures the meat remains nice and juicy during the long slow cooking time and a final burst of high heat, the skin forms a perfect crisp crackling crust, the preparation requires minimal effort and the results are superb.

Because we wanted plenty of nice crisp crackling, we followed a recipe from the website www.recipetineats.com. In this recipe, the author recommends not scoring the skin rather leaving it intact, and we were thrilled with the results. Reading the reviews, it was clear that everyone who tried it was impressed with the results. The spices you use will depend upon the flavor you are going for. Traditional spices such as fennel powder and mixed Italian seasoning will work well, but so does Chinese 5 Spice powder or a BBQ style seasoning.

Ingredients

- 1 3-4lb pork belly
- 1/2 tsp Kosher salt
- Freshly cracked pepper
- 1/2 tsp preferred seasoning blend
- 1 tbsp vegetable oil to brush the skin

Preparation

For best results let the pork belly sit uncovered in the refrigerator overnight. The drier the skin the better it will crisp.

Heat the oven in the Convection mode 300 - 325°F.

Line a small rimmed baking sheet with a sheet of foil and place two more sheets of foil horizontally in the pan and fold the sides up to form an open box. This will capture the rendered fat and basically, the pork will cook in the rendered fat, like Carne Asada.

Season the meat (not the skin) with ½ teaspoon of kosher salt and some freshly cracked pepper and ½ tsp of your preferred seasoning blend. Place the meat in the foil-lined pan and pinch the corners to form a tight seal. Brush the skin with a tablespoon of vegetable oil and place the pan in the oven.

CONVECTION MODE



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Cook for 2 - 2 ½ hours until the meat is tender, increase the oven temperature to 350°F, and cook for another 30 minutes or until the skin has crisped all over.

Remove from the oven and remove the pork from the pan and set it aside to cool before slicing. We found it easier to turn the roast over and slice the meat cutting through the crispy skin on the underside.

Allow the rendered fat to cool in the foil-lined pan, and once it has hardened, discard it unless, of course, you like to use it to roast potatoes or other vegetables.

WRITE YOUR NOTES: