



PULLED BBQ PORK, APPLE & CINNAMON SALAD

INGREDIENTS

For the pork:

- 1 belly pork
- 1 tbsp Country Range Fennel Seeds
- 1 tbsp Country Range Caraway Seeds
- 1 tsp Country Range Chilli Seeds
- 1 ½ pints chicken stock
- 1 onion, cut into quarters
- 3 carrots, roughly chopped
- 3 sticks celery, roughly chopped
- 1 bulb garlic

For the BBQ rub:

- 3 tsp Country Range Smoked Paprika
- 2 tsp mustard powder
- 1 tsp Country Range Ground White Pepper
- 1 tsp Country Range Onion Salt
- 1 tsp Country Range Garlic Salt
- 1 tsp Demerara sugar
- 1 tsp Country Range Cumin Powder (optional)
- 4 sachet Country Range Tomato Ketchup
- Splash of Worcestershire sauce

For the salad (1 portion):

- ½ baby gem shredded
- 1 leaf from oak leaf lettuce ripped
- ¼ apple, deseeded and cut into small chunks
- Small handful Country Range Sultanas

METHOD

1. Place all of the rough cut veg into a deep sided tin.
2. Place belly pork on top of vegetables.

3. Season the meat with the spices and rub.
4. Add all the stock until meat is fully submerged.
5. Cover with baking parchment and a tight fitting lid/tin foil. Place in pre-heated oven 180°C for 7-8 hours until meat is tender.
6. Once the meat is tender remove from stock and pick/pull the meat ensuring all bones and sinew are removed.
7. Add BBQ rub to meat making sure it is evenly coated.
8. Pass the stock through fine strainer and add half to the meat.
9. Place back in the oven for 20 minutes giving enough time for the meat to soak up flavours.
10. More stock may need to be added depending on consistency.
11. Combine salad in a bowl.
12. Place all into bowl with 3oz pork and gently toss together.
13. Plate up and gently dust with Country Range Cinnamon Powder.