

Belly of pork | carrot | barley | La Ratte Potato
Silvio Nickol

Roasted pork sauce

1 tbsp neutral vegetable oil
200 g shallots, diced
3 garlic cloves, peeled
200 g pork shoulder, roughly diced
½ clove fermented garlic
Caraway seeds, coriander seeds and
black peppercorns, 1 tsp of each
2 star anise
1 l strong pork jus
Reduction from red port, red wine,
Madeira and balsamic vinegar
Salt

Glazed pork belly rolls

1 kg pork without rind
Roast pork sauce
40 ml soy reduction
Cold butter, 1 pinch xanthan gum

Barley

50 g pearl barley
Salt
500 ml neutral vegetable oil

Basted carrots and La Ratte potato

2 carrots, peeled
100 ml fresh carrot juice
Salt
8 potatoes (variety: La Ratte)
50 g brown butter
1 pinch caraway seeds
1 sprig marjoram
2 tbsp neutral vegetable oil
A good amount of caraway and marjoram butter

Carrot crème

300 g carrots, peeled
Salt
250 – 350 ml cream to cover

Plating

8 carrot strips, pickled in elderflower
vinegar; wafer-thin slices of Purple
Haze carrots; potato chips; puffed pork
crackling; malt powder; young yarrow
leaves; water celery

Roasted pork sauce

Saute all the ingredients in vegetable oil until they turn caramel in colour, then add the pork jus and bring to the boil. Simmer, strain and refine with the reduction from red port, red wine, Madeira and balsamic vinegar. Season with salt.

Glazed pork belly rolls

Carefully trim the pork belly, vacuum seal together with the roast pork sauce and cook in a steam oven for 12 hours at a constant temperature of 69 °C. Drain off the sauce and refrigerate. Place the meat between 2 sheets of baking parchment, weigh down and refrigerate for 12 hours. To make the pork glaze, bring 250 ml roast pork sauce to the boil with the soy reduction, then thicken with cold butter and xanthan gum. Cut the pork belly lengthwise into slices approximately 1 mm thick. Brush with pork glaze and roll. Tidy the ends of the rolls and refrigerate. Just before serving, heat the pork belly rolls at a low temperature and brush on all sides with pork glaze. If the temperature is set too high, the fat will melt and run out and the pork belly rolls will become dry.

Barley

Boil the pearl barley in salted water until very soft and rinse in cold water. Then spread on a silicone baking sheet and dry in a dehydrator at 60 °C so just a little moisture is still remaining. Before serving, deep fry in a good amount of vegetable oil at 220 °C and lightly salt.

Basted carrots and La Ratte potato

Vacuum seal the carrots, carrot juice and some salt, then cook in a steam oven at 90 °C until al dente. Cut the carrots into slices 1.5 cm thick and cut out discs. Vacuum seal the potatoes with the brown butter, caraway seeds, sprig of marjoram and some salt. Then cook in a steam oven at 90 °C until soft. Peel the potatoes and cut into slices 1.5 cm thick. Fry the potatoes and the carrots separately in vegetable oil on both sides, then baste with a good amount of caraway and marjoram butter and season with salt.

Carrot crème

Roughly cut the carrots, spread them out on a baking sheet, add salt and roast in an oven at 180 °C until they turn caramel in colour. Then put the carrots in a saucepan, cover with cream and braise them. As soon as the cream is reduced, add fresh cream and reduce again. Blend the soft carrots to a fine consistency and season with salt.

Plating

Place 2 - 3 basted carrots and La Ratte potatoes on each of 4 plates. Twist the carrot strips into cylinders and place 2 on each plate. Fill these with carrot creme and sprinkle with pearl barley and puffed pork crackling. Place potato chips and Purple Haze carrot slices in between the other elements. Garnish with young yarrow leaves and water celery. Sprinkle with some malt powder. Place 3 glazed pork belly rolls next to the carrot arrangement and pour over the pork glaze.