

Nilagama Single Estate Tea Cured Free Range Pork Belly, Sweet Corn Custard, Pickled Red Cabbage and Crab Apple



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Paul Foreman

- Sub Category Name
Food
Savory
- Recipe Source Name
The Chefs and the Tea Maker - 2008

Ingredients

Nilagama Single Estate Tea Cured Free Range Pork Belly, Sweet Corn Custard, Pickled Red Cabbage and Crab Apple

FIRST DISH COMPONENT

Tea Cured Pork Belly

- 15 tea bags Dilmah Watte Single Estate - Nilagama Estate Flowery Broken Orange Pekoe
- 2 teaspoons Grey Guerande Sea Salt
- 1 teaspoon Castor Sugar
- Pinch of White Pepper
- 500g free range pork belly (Porchetta)

SECOND DISH COMPONENT

Pickled Red Cabbage and Crab Apple

- 1 cup finely sliced Red Cabbage
- 4 Crab Apples
- 100ml White Balsamic Vinegar



- 200ml Water
- 2 teaspoons fresh Turmeric
- 1 teaspoon yellow Mustard seeds
- 2 Bay leaves
- 1 clove Garlic
- 2 teaspoons Castor

THIRD DISH COMPONENT

Sweet Corn Custard

- 1 ear of Sweet Corn
- 100ml Whole Milk
- 100ml thickened Cream
- 4 free range Egg yolks
- Ghee
- White pepper
- Sea salt

Methods and Directions

Nilagama Single Estate Tea Cured Free Range Pork Belly, Sweet Corn Custard, Pickled Red Cabbage and Crab Apple

FIRST DISH COMPONENT

Tea Cured Pork Belly

- Using a spice grinder, combine all ingredients except the pork and process to a fine powder.
- Take the pork belly and remove any hairs that are present on the belly with a razor or a kitchen blow torch. Lay the belly out, skin side down onto a clean, dry surface. Now, using a sharp cook's knife carefully separate the skin from the meat, leaving 1 inch of the skin connected, as this will be used for the final 'wrap'.
- Butterfly the pork belly (similar to 'opening a book') and evenly distribute the tea cure over the belly and roll tightly. Wrap the skin around the Tightly wrap in chux or muslin cloth and cling film. Refrigerate for a maximum of 48 hours.
- Tie up the rolled belly and truss with butcher's twine.
- Set up a steamer with a pinch of sea salt, the belly will need at least 2 hours to cook, so the steamer will need to be topped up from time to time.
- To test that the belly is cooked, carefully penetrate the skin, and if there is little or no resistance the belly is ready. Refrigerate until the belly 'firms', approximately 2 hours.

SECOND DISH COMPONENT

Pickled Red Cabbage and Crab Apple

- In a 5 litre saucepan combine all ingredients (excluding red cabbage and crab apples) and bring



to the boil, reduce to a simmer for 10 minutes. Add crab apples and cook for a further 5 minutes, remove and cool. Strain liquid over red cabbage, check seasoning, cover and allow to steep until cool.

THIRD DISH COMPONENT

Sweet Corn Custard

- Clean and cut away kernels of sweet corn, sauté corn in a 2 litre saucepan until tender.
- Add milk and cream and simmer for 5-6 minutes. Remove from the heat, add egg yolks, quickly mix through and return to a low heat for 2-3 minutes, stirring constantly until the mixture thickens. Place mixture into a processor and process until smooth, check seasoning, strain, cover and keep warm.

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