



# Honey Roast BBQ Pork Belly

Serves 6

## INGREDIENTS

1. 1.25 kg pork belly, rind on and scored
2. 1/3 cup Capilano honey
3. 1/4 cup hoisin sauce
4. 1 1/2 tablespoons soy sauce
5. 1 tablespoon mirin
6. 3 star anise crushed
7. 1 tablespoon grated ginger
8. 2 cloves garlic crushed
9. 1 dried long red chilli
10. 1 teaspoon Chinese five spice powder
11. 3 teaspoons salt

## INSTRUCTIONS

1. Half fill a large saucepan with water and bring to the boil.
2. Blanch pork for 2 minutes then remove pork and rinse under cold water for 1 minute. Pat pork dry with a clean tea towel.
3. Combine the Capilano honey, hoisin sauce, soy sauce, mirin, star anise, ginger, garlic and chilli in a small bowl and mix well. Rub Capilano honey mix all over the meat side of the pork only and place in a shallow dish meat side facing down.
4. Mix Chinese five spice powder and salt together and rub all over the pork rind making sure to get into the grooves from scoring. Refrigerate overnight.
5. Heat BBQ or oven to 230°C.
6. Place pork skin side up on a roasting rack with a tray underneath to catch juices. Cook for 20 minutes then reduce BBQ or oven temperature to 200°C and cook for a further 40 minutes or until skin is crispy.
7. Rest meat for 20 minutes before slicing. Serve with roasted cherry tomatoes and blanched green beans.

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