

CITRUS BRAISED PORK BELLY with BARLEY RISOTTO

INGREDIENTS:

- 8 oz braised pork belly (see directions)
- 4 oz citrus glaze (see directions)
- Mirepoix (1 cup sliced white onions, 1/2 cup diced celery, 1/2 cup diced carrots)
- 2 oz whole garlic cloves
- 1/2 cup cider vinegar
- 1 cup blood orange Juice
- 1 cup grapefruit juice
- Veal stock
- 2 sprigs rosemary
- 2 sprigs thyme
- Barley
- Diced white onions
- Minced garlic
- White wine
- Chicken stock
- Chopped thyme
- 2 oz lardon
- 4 baby carrots
- 8 red pearl onions
- Button mushrooms
- Unsalted butter
- Leeks
- Crème fraîche
- 2 blood orange segments
- 1 grapefruit segment
- Chopped parsley

DIRECTIONS:

BRAISED PORK BELLY and CITRUS GLAZE

In a hot skillet, sear pork belly until brown on all sides.

Add the mirepoix and garlic cloves, sweat, then deglaze with cider vinegar, citrus juices, and veal stock. Bring to simmer.

Add thyme and rosemary and braise for 1 hour and 45 minutes or until very tender.

Set pork belly aside and strain the braising liquid through a chinois. Reduce to a demi glaze consistency then cool.

CREAMY BARLEY

Soak barley in water overnight to soften, then strain.

In a hot rondo, sweat onions and garlic with olive oil. Add barley and toast for 3 minutes.

Add white wine and chicken stock, stirring gradually, and cook for 20 minutes or until soft.

Add thyme, cream, and then season with salt and pepper to taste. Set aside to cool.

WHEN READY TO SERVE:

In a hot skillet bring citrus glaze to a boil; add pork belly and simmer for 8 minutes.

Meanwhile, in a sauté pan brown lardons and warm up baby carrots, pearl onions, and button mushrooms.

In another sauté pan sweat leeks with butter, then add chicken stock and bring to a boil. Stir in barley and crème fraîche, then add salt and pepper to taste .

Place barley on the center of an oval plate. Follow with the pork belly then arrange vegetables and lardons around the dish.

Drizzle 2 oz of citrus glaze on top. Place citrus segments on top of the pork belly, then brûlée until slightly charred.

Finish with a garnish of chopped parsley.