

Crispy Pork Belly Banh Mi



Ingredients

1 pork belly, about 1 kilogram

2 tsp vegetable oil

1 carrot, finely shredded

1 tbsp rice wine vinegar

4 long crusty bread rolls

150g chicken liver pate

4 tbsp Kewpie mayonnaise

1 small cucumber, shaved into ribbons

4 spring onions, cut lengthways into quarters

½ bunch coriander leaves

1 red chilli, finely sliced (optional)

2 tbsp crispy fried shallots

Directions

Step 1 - Dry the skin of the pork with paper towel. Score the skin if it hasn't been done already. Score through the rind and just into the fat, about 3mm deep and at 0.5cm intervals. Once scored, leave the pork belly uncovered in the refrigerator overnight to completely dry out.

Step 2 – Ensure your barbecue is clean and free from any grease or debris. Prepare the barbecue for indirect cooking over high heat (230° to 260°C). If using a Weber Q barbecue, set up your barbecue with a convection tray and a trivet.

Step 3 – Spread the vegetable oil over the skin of the pork belly, then roast the pork over indirect high heat, with the lid closed, for 20 to 30 minutes to crackle the skin; avoid lifting the lid during this time.

Step 4 – Adjust the barbecue temperature to indirect medium heat (190° to 230°C) and continue to cook over indirect medium heat for a further 30 minutes, or until the internal temperature of the pork reaches 60°C. Remove the pork from the BBQ and allow to rest.

Step 5 – Once cooled slightly, slice the pork into 0.5cm slices and set aside.

Step 6 – Mix the shredded carrot with the rice wine vinegar in a small bowl and allow to pickle for at least 10 minutes.

Step 7 – To assemble the banh mi, split the rolls lengthways. Spread one side of the inside of each roll with approximately 1 tbsp of pate, the other side with 1 tbsp of Kewpie mayonnaise, then fill with drained pickled carrot, cucumber ribbons, spring onion and pork slices. Garnish with coriander leaves, chilli if using and fried shallots, and serve immediately.

BBQSPLUS

