

**Braised pork belly,
Apple compote, Caramelised onion puree, Sweede fondant,
Spinach, Walnut jus**

Braised pork belly

1 x belly from a sow, skinned and trimmed

Cure:

100g salt
150g sugar
3g mustard powder
6 coriander seeds, crushed
6 white peppercorns, crushed

Braising liquor:

6 x garlic heads, halved
4 x carrots, 2cm dice
4 x onions, 2cm dice
1l x lamb jus
750g x chix stock
20g thyme

1) Prepare the pork belly removing all skin, bone and gristle. Cover both sides of the belly with the cure. Leave this for 18 hours and then wash well for 1 hour under a cold tap.

2) Roll the belly and tie using a butchers slipknot every 3cm. Cut in half.

3) Dry and seal in a little oil on **Adventys induction plancha** 'meat' setting to get good caramelisation all over, then chill.

4) Next make the braising liquor. Roast the garlic, carrots and onions hard with plenty of colour for 5 minutes. Add the jus and stock then simmer for 15 minutes. Finally add the thyme and leave to cool to room temperature before passing through a fine sieve into two large vacuum pack bags. Chill this braising liquor in the bags in the fridge until it has set.

5) Add the pork to the bags and vacuum pack fully. Place into **Clifton water bath** filled with cold water and turn on to 82°C. Cook for 48 hours and then turn off the water bath and allow to cool to room temperature. Once cool enough to hold, chill (in moving iced water) the bellies in the bags until cold through.

6) Remove the bellies, cut off the string and roll tight in cling film before portioning. Re-vacuum and these portions can be kept as mis en place for up to 7 days.

For service: place into a **Clifton water bath** set at 54°C to re-generate. After 20 minutes the meat is ready to be finished, but can remain at this temperature for hours without spoiling. Remove from the bag and dry. Season with sea salt and seal on **Adventys induction plancha** 'meat' setting for 30 seconds - 1 minute to achieve a perfect roasted flavour and colour. Serve immediately.

Apple compote

15 x cox apples, peeled and grated coarsely (no core)
3 x onions, finely diced
300g x white wine vinegar
200g x malt vinegar
500g x sugar

- 1) Place the diced onions, sugar and both vinegars in a thick-bottomed saucepan. Boil rapidly until golden and just beginning to caramelize.
- 2) Add the grated apple and any juice. Cook gently for 1 hour, or until thick.
- 3) season and cool.

Caramelised onion puree

750g x fine sliced onions
250g x chicken stock
100g x double cream

- 1) Cook the onions with a little oil on a very low heat for 2 hours, stirring frequently.
- 2) Once golden brown and very soft, add the chicken stock and reduce by 2/3.
- 3) Add the cream, return to the boil and blitz.
- 4) Season and cool.

Slow cooked venison loin,
Bacon cabbage, Cep puree, Wild mushrooms,
Spinach, Game jus

Slow cooked venison loin

120g x portions roe [doe] venison loin

- 1) Individually vacuum pack the portioned venison
- 2) Place the portions into a **Clifton water bath** set at 54°C and cook for 45 minutes. Once cooked refresh into an ice bath for 1 hour. This can be stored safely for 7 days as mis en place.
- 3) For service: place portions into **Clifton water bath** set at 54°C to re-generate. After 20 minutes the meat is ready to be finished, but can remain at this temperature for hours without spoiling.
- 4) Remove from the bag and then dry. Season with sea salt and seal on **Adventys induction plancha** 'meat' setting for 30 seconds - 1 minute to achieve a perfect roasted flavour and colour. Carve and serve immediately.

Cooking at this lower temperature yields medium rare venison from the edge, to centre, to the edge of the portion without greying at all. The lower temperature prevents the meat from shrinking. The lower temperature and fast sealing of the meat also eliminates the need for resting. There is no chance of the venison being over or under cooked, and it is always at the optimum eating temperature.

Bacon cabbage

500g x white cabbage, julienne and no root
10g x salt
300g x pancetta lardons
100g x white wine vinegar
200g x chicken stock
50g x butter
50g x grain mustard

- 1) Salt the cabbage for 15 minutes and then wash thoroughly. Squeeze in a muslin until dry.
- 2) In a thick saucepan cook the lardons until crisp and then remove, reserving all the fat.
- 3) In the same pan, sweat the cabbage for a few minutes and then de glaze with the vinegar. Allow to fully evaporate.
- 4) Add the chicken stock and butter and cook until emulsified. Remove from the heat add mustard and the cooked lardons plus the fat.
- 5) Check for seasoning and cool.

Cep puree

200g x fine sliced onion
350g x fine sliced button mushrooms
250g x fine sliced ceps
50g x butter
25g x dried cep
300g x noilly prat
750g x chicken stock
1 x bay leaf
5g x thyme
1 x clove of garlic
250g x cream

- 1) Slowly colour the onions and dried ceps together with the thyme and garlic, this should take about 45 minutes.
- 2) Once golden, add the noilly prat and reduce completely.
- 3) Add the mushrooms and cook out for at least 30 minutes, stirring frequently.
- 4) Once golden and very dry add the chicken stock and reduce by 2/3.
- 5) Add the cream and boil for 1 minute. Blitz and pass.
- 6) Season and then cool.