



BERTUS COOKS

CRISPY PORK BELLY WITH BEETROOT RELISH AND YOUNG VEGETABLES

CRISPY PORK BELLY

🍷 INGREDIENTS

- 1 kg free-range pork belly, fatty side scored.
- ½ cup Maldon salt
- 1 tablespoon Chinese 5 spice

👨‍🍳 METHOD

1. Rub (“massage”) 5 spice into the belly and let it “marry” for 4 hours.
2. Transfer belly to vacuum-sealed bag and cook in slow cooker on low setting for 8 hours.
3. Transfer belly to baking tray, pat dry with paper towel, cool to room temperature and rub salt into the scored fatty side.
4. Bake in preheated oven at 230 °C until skin is crisp. Remove from oven. Rest the pork for 10 minutes.

BEETROOT RELISH

🍷 INGREDIENTS

- 500 ml white wine vinegar
- 750 grams sugar
- Enough beets to make 6 cups grated or finely cubed beet.
- 2 onions or shallots
- 45 grams cornflour (dissolved in a dash of cold water)
- 15 grams curry powder
- 5 grams salt
- 2 aniseed pods
- ½ teaspoon ginger powder





🍷 METHOD

Grill beets until they are tender.
 Mix vinegar and sugar on low heat until all the sugar has dissolved (make sure not to cook).
 Slice onion finely and add to vinegar and sugar mixture. Cook for 10 minutes.
 Add curry, salt, aniseed and ginger powder and cook for another 5 minutes.
 Add beet and enough cornflour to thicken the mixture.
 Transfer to sterilized glass jars.

Note: This is a very simple pickle but without any doubt the most versatile condiment which you can enjoy from breakfast through lunch to dinner!



YOUNG VEGETABLES

🍷 INGREDIENTS

- Baby carrots (different colours),
- Turnips & beetroots.
- Chunk of butter
- Freshly squeezed orange juice.
- Dollop honey

🍷 METHOD

1. Parboil vegetables, making sure they are not done.
2. Melt butter, honey & orange juice in saucepan.
3. Add vegetables and cook until al dente.

