

South Burnett Sticky Pork Belly Salad Wrap – Makes 6 Serves

by Chef Jason Ford

INGREDIENTS

Pork

- 2 tbsp palm sugar (grated)
- 2 tbsp 'Taste South Burnett' honey
- 1 ½ tbsp fish sauce
- 1 tbsp salt reduced soy sauce
- 1 tbsp 'Proteco' peanut oil
- 2 small shallots, finely chopped
- 2 'Just Aus' garlic cloves, crushed
- 1 tsp ginger, peeled and finely chopped
- 1 kg 'Barkers Creek' slow cooked pork belly, skinned and 2cm cubed

Dressing

- 1 tbsp 'Bunya Red Farm' capers
- 1 tbsp 'Chinchilli' harissa paste
- 1 ½ tbsp palm sugar
- 1 tbsp fish sauce
- 1 tbsp lime juice
- 2 tbsp 'Proteco' sesame oil

Salad

- 100g carrot, fine strips
- 100g cherry tomatoes, halved
- 30g spring onions, finely sliced
- 60g 'Peanut Van' unsalted toasted peanuts, chopped
- 30g mint leaves, torn
- 30g coriander leaves, torn
- 100g mesculin lettuce mix
- 6 sandwich wrap breads



METHOD

Pork

1. In a saucepan, combine the palm sugar, honey and 2 tablespoons of water.
2. Over a medium heat, bring mixture to a gentle boil, and cook until it turns a light caramel colour (approx. 3 minutes).
3. Add the fish sauce, soy sauce, and 1 tablespoon water.
4. Simmer for another 2 minutes and then remove from heat.
5. In another pan over medium heat, add the peanut oil, shallots, garlic, and ginger and fry until it starts to turn brown.
6. Add the cubed pork belly and continue frying until it begins to lightly caramelise.
7. Drain off any excess fat, add the caramel sauce to the pork and continue to cook while stirring until it becomes glazed and sticky, then put aside.

Dressing

1. In a mortar, begin to pound the capers and palm sugar to a paste with a pestle.
2. While continuing to pound the mixture, add the remaining dressing ingredients.

Salad and wrap assembly

1. In a bowl, combine all salad ingredients, and toss with dressing.
2. Add warm sticky pork belly.
3. Divide the pork and salad mixture among the sandwich wraps and roll up.
4. Secure wraps with a skewer or roll in greaseproof paper to serve.