



Martin Bosley's Miso-braised Pork Belly with Prawns and White Beans

The miso marinade used here is great with any pork-belly dish as it adds a sweet, malty flavour. I also enjoy combining a luxury ingredient with an inexpensive one and seeing how well two different flavours — the prawns and the pork — marry when cooked. Just think surf 'n' turf or the carpetbag steak with its filling of raw oysters.

To serve as a canapé slice the pork belly into cubes and serve on the white beans in spoons.

Ingredients / Serves 6

Miso Marinade

3 tbsp miso paste
1 tbsp mustard, preferably Dijon-style
3 tbsp mirin (sweet low-alcohol rice wine)
2 tbsp rice wine vinegar
1 tbsp sugar
1.5kg pork belly, skin and bones removed

Braised Pork

1 carrot, peeled and chopped
1 onion, chopped
1 stalk celery, chopped
1 knob of ginger, peeled and sliced
4 cloves garlic, peeled
200ml white wine
2.5 litres water
marinated pork belly

Prawns and White Beans

2 tbsp unsalted butter
18 prawns, peeled
1/2 head of cabbage, finely sliced
400g can white beans, well rinsed
100g unsalted butter to finish the sauce

Method

To prepare the marinade mix all the ingredients to a smooth paste. Cover the pork with the paste, massaging it in well and refrigerate overnight. The next day, heat the oven to 160°C. Scatter the carrot, onion, celery, ginger and garlic over the base of a shallow roasting pan that is big enough to hold the pork. Pour in the wine and water and bring to a boil on a stovetop element. Place the pork on top and bring it back to the boil, skimming off any foamy surface scum. Cover the pork with greaseproof paper, then tinfoil. Place the pork in the oven and cook for three hours. Remove the pan from the oven and carefully lift the pork out onto a tray. Strain the pan juices into a saucepan and discard the vegetables.



Bring the juice to a gentle simmer and let it reduce to a light, syrupy consistency — about 10–15 minutes. While the juices are reducing, use two forks to shred the meat into thick strands. Collect any juices as you go and add to the saucepan.



To prepare the prawns and beans, heat a large frying pan and melt the first measure of butter. Add the prawns and sauté until cooked — about three minutes. Remove the prawns from the pan and add the cabbage. Cook until it has wilted but is still slightly crunchy. Add the beans, pork, prawns and the reduced stock and bring to a simmer. Add the 100g of butter, gently shaking the pan to swirl it through the sauce.

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Recommended wine match

Morton Estate White Label Marlborough Pinot Noir