

Mill Creek Sweet and Sour Pea Risotto with Braised Pork Belly

Required Ingredients

Part A

Arborio Rice	2 Cups
Yellow onion, finely diced	¼ cup
Butter	2 Tbs
Minced Garlic	¼ tsp
Honey	2 Tbs
Champagne Vinegar	100 ml
Fresh Cracked White Pepper	½ tsp
Sea Salt	2tsp
Water or chicken Stock	2 L
Cherry Tomatoes, quartered	one handful

Part B

Mill Creek Peas	400 g
Water	1 L

Part C

Pork Belly	2 lb
Onion (sliced)	1 large
Garlic	3 cloves
Coriander Seeds	20
Bay Leaf	3
Black Pepper Corn	20
Cloves	3
Canned Whole Tomatoes	100 ml
Water	1.5 L
Salt	1 Tbs

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Steps:

Part A:

1. Place two pots on the stovetop: 3 L and 2 L.
2. In the 2L pot add water or chicken stock and warm it over low heat. If using water, add a pinch of salt to taste.
3. In the L pot, melt butter over medium to low temperature. Add onions and sweat them until translucent – do not brown them. Add the rice and stir it into the onions thoroughly. From here on in, until the Risotto is done, you will be gently stirring the rice—approximately 30-45 minutes.
4. Stir the dry rice until it becomes hot to the touch – pick up a small amount with your fingers and if it is uncomfortably hot, you’ve achieve the desired temperature. Add and stir in the honey, then the vinegar, salt and pepper.
5. Ladle your warm water into your rice incrementally – start with approximately 250 mL. Stir the rice until the water has cooked down so that only wet rice remains, and then add another 250 mL. Repeat. Continue doing this until your rice is al dente – taste a spoonful and the rice should have a tiny crunch to it, just in the center of the grain.
6. Using a spatula, spread your rice onto a cookie sheet so that it cools.

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Part B:

In a blender, puree the peas and water until all of the peas have liquefied and you are left with a bright green, flavourful liquid. Strain the liquid through a fine mesh strainer or cheesecloth. Reserve for later.

Part C:

1. Remove the skin from the pork belly by carefully slicing it from the layer of fat. The skin will not braise nicely, but remains chewy. Cut the skin into 1 cm cubes.
2. In a 3L pot, toast the dry spices on low temperature until you begin to smell their aroma in the air.
3. Add the pork skin and render the fat (it becomes liquid) so that you can use it to sauté the onion.
4. Add the onion and garlic to the pan, and sweat them until they are translucent.
5. Add the tomatoes and cook them down until they are paste-like, about 5 minutes.
6. Add water and salt and bring to a simmer.
7. Place the pork belly in the liquid, and use a small pot lid (smaller than the pot being used) or plate to weigh the pork down, keeping it submerged.

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8. Simmer on low for 2 hours. Gently remove the pork belly and set it aside to cool to room temperature. When it's at room temperature, place the pork belly in the fridge to cool fully. When cool, cut the belly into 8 equal sized cubes. Strain the braising liquid (pork stock) and reserve.

Conclusion

To complete the dish, place pork belly pieces in a pot and cover with the pork stock. Gently simmer and heat the pork through. Gently reheat the risotto with green pea water, but do not boil the water, since this will change the colour to brown. Stir the risotto and pea water on low heat. Before plating, add 1 cup of cooked sweet peas to the risotto and stir until warmed through. Spoon the risotto into small piles on the plates and place one piece of pork belly atop each pile. Grate parmesan cheese on top, as well as some quartered cherry tomatoes. Enjoy!