

Tudges pork belly, Shropshire quinoa, wild garlic, cauliflower piccalilli, poached Shropshire egg, Lane Cottage leaves

Notes – read this first

This recipe is part of CSons at home. CSons have restaurants in Ludlow and Shrewsbury and during the Corona Virus lockdown introduced the innovative CSons at home where customers can order a 2 or 3 course restaurant menu, partially prepared to finish at home. This is their recipe for Tudges Belly Pork, and these are my notes when I tried it myself using my own adaptations – some more successful than others.

What you need to do before number 1 below!

Prepare Pork Belly

I cooked this in my slow cooker overnight. Place pork belly in slow cooker, I threw in a bit of veg, carrot, parsnip, onion etc and some stock and cooked on low overnight. The next day remove belly from slow cooker and place between sheets of baking paper in a baking tray with a another tray and a weight on top and place in fridge. Half an hour before cooking remove from fridge, Guy then removed the bones and cut the belly into chunks like large fish fingers.

Wild Garlic Puree

I couldn't get hold of wild garlic on the day I did this so tried using normal garlic cloves, pureed with parsley and olive oil. This wasn't too successful as the result was a little too oily. I would recommend getting hold of wild garlic and creating the puree, or try a jar of pesto.

Other prep

I made a simple French salad dressing.

What's in the Box when ordered from CSons?

Tudges pork belly (cooked)
Shropshire quinoa
Wild garlic puree
Lane Cottage leaves
Poached Shropshire egg
CSONS piccalilli
CSONS dressing
Pickles
Wild garlic

What you need at home?

1 x Knife
1 x Chopping board
1 x Non stick frying pan
1 x small saucepan
Salt and pepper
Veg oil
Serving plates

Method – Please also see the video at www.csons-ludlow.co.uk/csonsathome/

1. Bring a pan of water up to a simmer.
2. Heat a non-stick frying pan.
3. Mix the quinoa and three quarters of the wild garlic puree in a bowl set over the simmering water to warm through.
4. Season pork belly.
5. Oil the frying pan.
6. Fry the pork on both sides until golden about 2 minutes at a medium high heat. Remove from heat.
7. Place eggs in simmering water for 3 minutes.
8. Dress salad leaves and place in a separate serving bowl.
9. Split quinoa between your plates and pile it to one side.
10. Lean the pork against the quinoa and place the egg on top.
11. Spoon piccalilli over the dish and garnish with the pickles.
12. Slice wild garlic.
13. Drizzle plate with remaining wild garlic and sprinkle with sliced wild garlic.

Conclusion

We thought this was delicious and really gave us an insight into how restaurant chefs prepare meals and plate up dishes.

For details of other CSons at Home menus - <http://www.csons-ludlow.co.uk/csonsathome/>

Suppliers – this is the list of suppliers provided by CSons

Pork Belly from Tudges meats. This is a family run business that has been rearing happy Berkshire pigs for over 20 years. In our opinion some of the best tasting pork we can get our hands on.

www.tudge-meats.co.uk

Shropshire quinoa from an environmentally minded 6th generation farm in Ellesmere.

www.britishquinoa.co.uk

Wild garlic foraged from the Shropshire countryside.

Salad leaves from Lane cottage produce. 100% good for you, grown naturally with nothing artificial.

<http://lanecottageproduce.co.uk/>

All other veg sourced by Farmers in Ludlow who specialise in local, seasonal and fresh produce.

Eggs are sourced from Hollowdene hens. www.hollowdenehens.com