

How to cook Belly Pork Slices

Preheat the oven to 400F/200C and line a rimmed baking sheet with foil.

Arrange them on a baking sheet in a single layer on their sides spacing them out to give them breathing space while roasting.

Bake in the oven until golden brown, crispy, and the fat rendered for about 40 to 50 minutes flipping it halfway through the cooking time. Also, carefully drain the liquid content from the tray halfway before flipping.

A nice way to cook belly pork slices

Ingredients

500g pork belly slices

For the BBQ sauce

4 tbsp ketchup
A tbsp Worcestershire sauce
1 tbsp light brown sugar
A tbsp cider vinegar
1 tbsp dark soy sauce
A tsp English mustard
1 clove garlic, crushed

Method

STEP 1

Heat the oven to 160C/fan 140C/gas mark 4. Dry the belly slices with kitchen paper, then season with salt and pepper. Mix together the ingredients for the sauce and toss the slices in the sauce in a [roasting tin](#). Cover tightly with foil and roast for 1hr 30 mins, until completely tender.

STEP 2

Remove the foil and turn the grill to its highest setting. Grill the meat for 3-4 mins, turning it halfway and brushing over the sauce from the tin, until the sauce is thick and sticky and the slices are charred. Alternatively, put the braised slices on the barbecue and baste in the sauce from the roasting pan as they sizzle away. Serve in buns with coleslaw.