



?Directly translated from Korean, samgyeop-sal (???) means "three layer flesh," referring to striations of lean meat and fat in the Pork belly that appear as three layers when cut.? - Which is kind of cool as we were looking for a recipe starting with ?S? for our Ingredients Alphabet and there was a good sized bit of belly Pork in the discounts fridge.

I have slightly modified an existing recipe to suit the bit & bobs we had in the cupboards. But by sifting the Cshew nuts out of a bag of Fruit & Nuts we were given at Christmas, I managed to stay pretty close.

Ingredients:-

Boneless Belly Pork

½ a large Onion, sliced

1/8 of a Red Cabbage, sliced

1/8 of a Sweetheart Cabbage, sliced

3 small Carrots, cut into fine batons

Fine Rice Noodles

3 whole dried Red Chillies

3 cloves of Garlic, sliced (We used or home Lacto Pickled ones)

Chilli flakes

Fish Sauce

Spirit Vinegar

Tomato Puree

A small handful of Cashew Nuts

Cornflour

Salt & Pepper

Oil

Method:-

- (1) Preheat the oven to 160c
- (2) In an oven tray add a little oil and lay the whole Chillies and Garlic in the middle.
- (3) Rub the Belly Pork in Oil, sprinkle with Salt, Pepper and Chilli Flakes and rub into both the rind and flesh.
- (4) Lay the Belly Pork in the oven tray and place in the oven.
- (5) Roast slowly for 1 ½ hours.
- (6) In a small saucepan add the Vinegar, Fish Sauce and Tomato Puree and bring to simmer.
- (7) Add the Cashew Nuts and a T Spoon of Chilli Flakes and simmer for 20 minutes.
- (8) Add a T Spoon of Cornflour to water and mix well.
- (9) In a Wok or frying pan fry the Carrots and Onions on a high heat until the Onions are softened.
- (10) Reduce the heat and add the Cabbage. Stirring well.
- (11) Bring a pan of salted water to the boil and add the Rice Noodles.
- (12) As soon as the water reaches boiling again drain the Noodles and set aside.
- (13) Remove the Belly Pork from the oven and slice into 1cm thick slices. Remove any crackling you might have to add as a garnish.
- (14) Add the Cornflour and water mix to the sauce and simmer until it thickens.
- (15) add the majority of the sauce to the stir-fried vegetables, reserving a little to pour over the Pork.
- (16) Run boiling water through the Noodles and add to your plates.
- (17) Add the stir-fried vegetables over the Noodles and add 3 to 4 sliced of Belly Pork on top.
- (18) Dress with the remaining sauce and crackling if there was any.

This was quite a change of flavours to our recent meals. The Fish Sauce base added a good savoury flavour with an acidic kick.