

Sweet Potato - Pork belly hash with poached egg

INGREDIENTS (5 Servings)

- 1 kg fresh, skin-on pork belly
- Seasoning: Salt, freshly ground pepper
- 6 large sprig thyme
- 10 pcs garlic cloves, smashed
- 1 liter low-salt chicken stock
- 750 g red-skinned sweet potatoes, peeled and cut into cubes
- 200 g wing beans
- 200 g shallots
- 100 g molasses
- 100 g honey
- pinch red pepper flakes
- 5 pcs fresh eggs and vinegar

Pre Preparation:

- Preheat oven to 140C°. Score pork belly with a sharp knife, being careful to just score through the fat. Season pork belly generously with salt and pepper. Place in a large ovenproof saucepan. Add thyme and garlic. Pour stock over. Bring to a simmer over low heat, cover tightly with foil. Roast pork belly covered for two hours, then remove foil and roast for another two hours. Remove belly from the oven, let cool, and store overnight in refrigerator until needed. Save the liquid that is left in the saucepan, strain it and put it aside.
- Peel and cut the sweet potatoes into 1.5-2cm cubes, make as well 15 thin slices with the mandoline for the chips-garnish.
- Toss the slices in a touch of olive oil sprinkle with salt, pepper and dried rosemary. Lay out in a single layer on a baking sheet and bake for about 30 hours, flipping chips once at halfway point to ensure even cooking. Remove once crisp and golden brown.
- Peel and cut the shallots in half
- Wash and blanch the wing beans and dunk them in ice water and cut them into rhombus
- In a small bowl, stir together molasses and honey

Preparation:

- Remove the skin from the pork belly and chop it for the garnish. Cut the pork belly into 1.5cm cubes
- Add the cubed sweet potatoes to a skillet with the saved liquid fat and let cook, over medium heat, until they start to brown on all sides, 10-12 minutes season to taste.
- In a frying pan add olive oil and sauté the shallots and wing beans, season with salt, pepper and thyme.
- Add pork belly to a large skillet over medium heat and cook until pieces are crispy, pour the honey-molasses mix over it, stir to coat. At the end add a pinch of the red pepper flakes and stir to combine
- Bring a pan of water filled at least 5cm deep to a simmer and add vinegar. Crack your egg into a bowl. Stir the water to create a gentle whirlpool. Slowly tip the egg one after the other into the center. Cook for 3-4 minutes or until the white is set. After put on top of the sweet potato.
- Garnish with thyme, sweet potato chips and pork belly skin

