

This would appeal to anyone who felt tha belly of pork was too fatty.

It's not speedy but it it cooks itself!

Ingredients

2 belly pork joints

3 fennel bulbs

1 onion

12 garlic cloves

2 tablespoons olive oil

1 tablespoon fennel seeds

1 bottle white wine

Method

Heat the oven to its highest setting - probably 230C, gas mark 8

Halve the fennel through the stalk, cut out the core and slice very thinly acorss the halves.

Crack the garlic but don't bother to peel it.

Toss the onion, fennel and garlic in the oil and pile in the middle of a roasting tin.

Rub salt and pepper, then fennel seeds into the scored pork rind and snuggle the joints over the vegetables to cover.

Place in the oven and roast for 15 minutes.

Reduce the heat to 180C, gas mark 4 and cook for an hour.

Drain away the excess fat, add the wine and cook for a further 30 minutes.

Turn the heat back up to 230C, gas mark 8 and cook for 15 minutes.

Run a knife under the crackling and remove it in a sheet. Place on foil and return to the oven to finish crisping.

Rest the meat for 15 minutes before slicing in thick rashers with the delicious fennel "gravy" and a share of crackling.

Serve with mashed potatoes and apple sauce.

