



SAUNDERS' MALT EXTRACT

Preparation

15
MINS
(+ DRYING
TIME)

Cook Time

40
MINS

Serves

4

Difficulty

EASY

CRISPY PORK BELLY

Crispy crackling and tender pork belly are paired with a sweet and savoury malt glaze, creating an easy dish full of bold flavour and irresistible crunch.

INGREDIENTS

- 500g pork belly, skin on
- 1–2 tsp salt, for the pork skin
- 1 tbsp soy sauce
- 1 tbsp sweet chilli sauce
- 3 tbsp Saunders' Malt Extract
- 1 tsp sesame oil
- 1 tsp grated garlic
- 1 tsp grated ginger

Notes: To achieve crispier crackling, prepare ahead – allow 6–8 hours drying time (see Step 3).

Tip: For seriously crispy crackling, keep the skin as dry as possible. Avoid getting marinade on the skin, leave the pork uncovered in the fridge, and pat dry again before salting and air frying.

METHOD

- 1 Pat the pork belly dry with paper towel. Using a sharp knife, score the skin and fat at 1cm intervals, cutting through the fat until you reach the meat. Avoid cutting deeply into the meat itself.
- 2 Combine the soy sauce, sweet chilli sauce, Saunders' Malt Extract, sesame oil, garlic and ginger. Place the pork meat-side up and rub the marinade over the meat only, keeping the skin clean and dry.
- 3 Turn the pork skin-side up and pat dry again. Place uncovered in the refrigerator for 6–8 hours, or overnight. This helps draw moisture from the skin for crispier crackling.
- 4 Remove the pork from the fridge and pat the skin dry once more. Rub the salt generously over the skin, ensuring it reaches into the scored cuts.
- 5 Preheat the air fryer to 200°C. Place the pork belly skin-side up in the basket and cook for 30–40 minutes, or until the crackling is deeply golden and crisp and the pork is cooked through. Cooking time may vary depending on the thickness of the pork belly and your air fryer.
- 6 Rest for 5–10 minutes before slicing and serving.

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