



Instant Pot Pork Belly

Active Time: 10 minutes | Total Time: 1.5 hours | Serves: 8

Nutrition Information Per Serving

336.2 calories, 1.83 g carbohydrate, 0.22 g fiber, 1.61 g NET carbs, 5.71 g protein, 33.09 g fat

Ingredients

- 2 ounce(s) manzanilla sherry
- 2 tsp(s) smoked paprika
- 4 clove(s) garlic, chopped
- 1/2 cup(s) organic chicken broth
- 1 tsp sea salt
- 16 ounce(s) pastured pork belly
- 2 Tbsp(s) pastured duck fat

Preparation

1. Rub pork belly with salt and smoked paprika.
2. Add sherry, garlic and broth to the vessel of your Instant Pot.
3. Place pork belly fat side up in the sherry-broth.
4. Close and lock the lid. Set the pressure to HIGH and time to 80 minutes.
5. When time is up, do a manual or natural release.
6. Place duck fat in cast iron pan. Transfer to the oven and preheat to 400 F. You want the pan to get hot, but you don't want the oil to smoke.
7. Place the pork belly in the preheated cast iron pan with the duck fat, fat side down.
8. Return to oven and roast for 20-30 minutes.
9. Transfer to a cutting board to cut into pieces and serve sprinkled with some high-quality sea salt, like Maldon

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