



PORK WITH HONEY BALSAMIC GLAZE

INGREDIENTS

2 lbs Pork Belly
Salt and Pepper
Cayenne or Red Pepper (optional)

HONEY BALSAMIC GLAZE

- 1/4 cup Balsamic vinegar
- 1/4 cup chicken stock
- 4 tablespoons honey
- 3 cloves of garlic
- 1 tbs olive oil
- 1 tbs italian seasoning

DIRECTIONS

1. Score pork belly skin
2. Season with salt, pepper, and cayenne, rub well onto pork
3. Heat oil in large skillet to medium. Crisp pork belly skin (~3-4 minutes)
4. Oil slow cooker and transfer pork into cooker
5. In a small bowl, combine balsamic vinegar, chicken stock, honey, garlic, olive oil, Italian seasoning and black pepper
6. Mix well and drizzle over pork
7. Place lid on and cook on high for approximately 4 hours.