



Maple Glazed Pork Belly Slider

(Serves 6 small dollar roll buns)

Ingredients:

- 1 Lbs Nova Scotia pork belly
- 1 1/2 tablespoons chili powder
- 1 tablespoon smoked paprika
- 1 1/2 tablespoons salt
- 1/2 tablespoon ground cumin
- 1/2 tablespoon cayenne
- 1 small onion, diced
- 2 cloves garlic, chopped
- 40 ml Boates Organic Apple Cider Vinegar
- 60 ml tomato paste
- 4 tablespoons River View Herbs thyme, flat leaf Parsley
- 80 ml pure Nova Scotia maple syrup
- 500 ml warm water
- 6 small dollar roll buns



Directions:

1. Coat the pork belly with seasoning blend of chili powder, smoked paprika, salt, ground cumin and cayenne. Sear in fry pan until golden.
2. Sautée diced onion and chopped garlic in oil. Add tomato paste & vinegar.
3. Place onion, garlic, thyme and flat leaf parsley in a slow cooker. Place meat on top of onions and garlic Sauté. Add water and maple syrup, pouring over meat.
4. Cover; cook on low heat for 2 hours or until meat is very tender.
5. Remove meat and pull apart into shreds with a fork. Place meat in a bowl. Using a large spoon, skim off and discard fat from the cooking liquid. Pour the remaining cooking liquid slowly over the pork until moistened.
6. Serve the maple glazed pulled pork on dollar roll buns.
7. Served best with pea shoot sprouts and kale and sweet carrot side salad.

This recipe is brought to you by Executive Sous Chef Pierre Gaudet from the Halifax Convention Centre.