



This is how Pork Bacon Joint glazed with Guarapo cane honey, by chef Mario Hernández Lagerblad, is prepared

FIRST STEPS

Ingredients

*1 kg joint of Bacon or Canary Black Pig
1 small spoon of oregan moka, thyme and sea salt
1 laurel leaf
2 litres of water
Watercress, oregano and thyme shoots
Edible flowers
Salt flakes
200 grs. cane honey (Guarapo)*

PREPARATION OF THE DISH

Dish type: Starter-aperitif

The bacon joint is put on to boil in two litres of water, together with the oregano, thyme, laurel leaf and salt. Cook for about two hours.

Once the bacon joint has become tender, it is taken out of the water and placed on a tray, and underneath another tray with weight on it. It is left to cool in the fridge until it is completely compacted by the cold.

The next stage involves taking off the skin and cutting the joint into chunks, about 2 centimetres wide.

Next, the chunks are placed into a pan on mid heat with the honey. It is boiled for around 10 minutes, and is sprinkled with salt from time to time, with the help of a spoon.

Once the bacon has been impregnated with the Guarapo, it is served and decorated with the watercress, thyme and oregan shoots, the edible flowers and the fish scale salt to create the sweet and sour contrast.