

# Keto Flipped Pork Belly

Hands-on 30-45 minutes Overall 2 hours 15 minutes



**Nutritional values (per serving, about 140 g/ 5 oz cooked):** Total carbs: 3.5 g, Fiber: 1 g,

**Net carbs: 2.6 g**, Protein: 23.7 g, Fat: 81.6 g, Calories: 806 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app

## Ingredients (makes 4 servings)

- 1 kg raw pork belly (2.2 lb)
- 1 large brown onion (150 g/ 5.3 oz)
- 1 handful fresh sage (approx. 1/2 cup)
- 2 tbsp [extra virgin olive oil](#), [ghee](#), lard, goose or duck fat (30 ml)
- 1 tbsp [pink Himalayan](#) salt or sea salt flakes

## Instructions

1. Bring a large pot of water to a gentle simmer. Make regular slices in the skin of the pork belly, being sure not to cut down into the flesh.
2. Place belly, skin side down in a steamer pot and steam gently for 15 minutes. This opens the skin up and allows the fats to start to soften (I have been told that you can also pour boiling water over it to achieve the same result, but I've not tried that. Let me know if you do).
3. Preheat oven to 190 °C/ 375 °F (fan assisted), or 210 °C/ 410 °F (conventional). Remove the belly from the steamer and place, skin side up, on a tray.
4. Pat dry with paper towels. If you want to get the skin dry, use your hairdryer on low, cool air setting and open out the skin as much as possible.
5. Rub the oil of choice (I used duck fat) into the skin, getting right into the slits.
6. Sprinkle with Himalayan salt flakes and massage them in well also.
7. Place pork belly **skin side down** onto your roasting tray. Roast for 1 hour.
8. Increase oven temperature to 220 °C/ 430 °F (fan assisted), or 240 °C/ 465 °F (conventional). Take belly out of roasting dish and sit to one side.
9. Slice onion into four thick rounds and sit in the bottom of the roasting tray, along with the fresh sage leaves. Turn pork belly over, skin side up, and place on top of the onions. Roast for 30 minutes or until the skin is bubbly and crisp. *Note: if you want to*

*give it a little boost at the end, very carefully put it under the grill for a few minutes.*

10. Serve with a big bowl of green salad, [keto cauli-mash](#) or [Keto Jalapeño Popper Potato Salad](#). Leftovers can be stored covered in the refrigerator for 4 days.

## More great content on KetoDietApp.com

[Keto calculator](#)

[Best keto recipes](#)

[Complete keto diet food list](#)

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)

[Free & premium keto diet plans](#)