


# Hakka Salted Pork

Cuisine: Chinese  
Food category: Pork



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## Program steps

Preheating: 215 °C

1

 Combination

 30 %

 Termination by time

 08:00 mm:ss

 200 °C

 90 %



## Ingredients - number of portions - 10

| Name       | Value | Unit |
|------------|-------|------|
| pork belly | 1     | kg   |

| Name                | Value | Unit |
|---------------------|-------|------|
| sugar               | 50    | g    |
| white wine vinegar  | 50    | g    |
| minced garlic       | 100   | g    |
| Salt                | 15    | g    |
| allspice            | 5     | g    |
| ground white pepper | 20    | g    |
| rice wine           | 30    | ml   |
| whole black pepper  | 20    | g    |

## Nutrition and allergens

Allergens:  
Minerals:  
Vitamins:

| Nutritional value of one portion | Value    |
|----------------------------------|----------|
| Energy                           | 398.6 kJ |
| Carbohydrate                     | 9.2 g    |
| Fat                              | 33.5 g   |
| Protein                          | 14.3 g   |
| Water                            | 0 g      |

## Directions

- ◇ Cut the pork belly into about 350g each, absorb the water, remove the fishy smell with the rice wine and dry it
- ◇ Mix vinegar, sugar and minced garlic evenly and make it into dipping sauce
- ◇ Mix all the other seasonings and spread evenly on the sliced pork belly
- ◇ Marinate in the fresh-keeping box for 3 days, scrape off the marinade on the surface and return to room temperature before use
- ◇ Use a flat net to drain the lard easily, and fry evenly on the surface of the baking tray for coloring

## Recommended accessories



Vision Grill Diagonal



Vision Bake



GN container Stainless steel full



Stainless wire shelving