

Low-Cooking Garlic Pork Rib Crisp

Cuisine: Chinese

Food category: Pork
















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Program steps

Preheating: 85 °C

1	 Steaming		 Termination by time	 06:00	hh:mm	 70	°C	 80	%		
2	 Combination	 30	%	 Termination by time	 05:00	mm:ss	 230	°C	 90	%	

Ingredients - number of portions - 10

Name	Value	Unit
pork ribs	2	kg

seasoning recipe

Name	Value	Unit
garlic oil	100	ml
minced garlic	30	g
garlic crisp	50	g
rice wine	50	ml
ginger juice	30	ml
onion juice	30	ml
monosodium glutamate	10	g
bay leaf	5	g
vegetable oil	300	ml
cornstarch	100	g

Nutrition and allergens

Allergens:
Minerals: Cu, Mg, P
Vitamins: A, C, D, E, K

Nutritional value of one portion	Value
Energy	730.8 kJ
Carbohydrate	12.9 g
Fat	62.3 g
Protein	30.9 g
Water	0 g

Directions

The first stage

Ribs (3cm) with rice wine to remove fishy smell, marinated with onion and ginger juice, garlic oil, minced garlic, salt, white pepper, etc., refrigerated in vacuum for 12 hours

Use stainless steel iron net to lay it flat, do not stack the vacuum bags, and let it loosen at 70°C for 12 hours

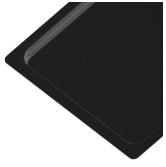
second stage

After Shufei is finished, take it out and wipe off the dry water, keep the surface of the ribs dry, add oil and cornstarch to grasp the thin paste

Put the ribs on the frying pan, evenly and flatly do not stack, the air convection is heated evenly

Roasted at high temperature for a short time, golden and crispy on the outside, soft and tender in the center, sprinkle with crispy garlic and serve on a serving plate

Recommended accessories



Vision Bake