

Roasted pork belly

Cuisine: Czech

Food category: Pork



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Program steps

1	Hot air	100 %	Termination by time	00:10 hh:mm	190 °C	100 %	
2	Combination	90 %	Termination by core probe temperature	89 °C	140 °C	80 %	
3	Hot air	100 %	Termination by time	00:15 hh:mm	210 °C	100 %	

Ingredients - number of portions - 10

Name	Value	Unit
meaty pork belly with bone	2	kg
salt	0.05	kg
colored pepper	0	kg
caraway seeds	0	kg
garlic	0.05	kg
herbs	0	kg
onion	0.25	kg
dark beer 11%	0.5	l

Nutrition and allergens

Allergens:

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	717.3 kJ
Carbohydrate	3.7 g
Fat	66.1 g
Protein	26.6 g
Water	0 g

Directions

Wash the pork belly properly, debone it and cut the skin into cubes. We rub the garlic with salt, cumin and crushed pepper into the meat, we can add herbs to taste. Roll the belly into a roll and roll it up with twine.

In an enameled GN 40 mm high, put the bones and roughly chopped onion on top of them add the belly roll, cover with water and beer.

Put the roast prepared in this way into the convection oven. During baking, add water and pour over the pastry.

After that, we can prepare a juice from the pastry as desired.

Recommended accessories



Enameled GN container