

# Braised pork belly

Cuisine: **Czech**

Food category: **Game**



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## Program steps

1	Steaming		Termination by time	00:30 hh:mm	99 °C	50 %	
2	Podlít pivem či vínem						
	Combination	50 %	Termination by core probe temperature	94 °C	155 °C	80 %	
3	Dopékám na kůrku						
	Hot air	100 %	Termination by time	00:30 hh:mm	180 °C	100 %	

## Ingredients - number of portions - 10

Name	Value	Unit
boar flank	2000	g
salt	25	g
garlic	45	g
onion	250	g
dark beer	500	g
water	700	g
plain wheat flour	30	g

## Nutrition and allergens

Allergens: 1

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	262.8 kJ
Carbohydrate	7.1 g
Fat	6.9 g
Protein	40.1 g
Water	0 g

## Directions

We salt the pork belly and let it rest overnight in the fridge, then we place it in an enameled GN pan, add the remaining ingredients, and put it in a preheated combi oven, inserting a temperature probe and steaming it. After the first step of cooking is finished, we baste it with beer or wine and water. After the cooking is done, we pour the drippings into a saucepan and season it.

## Recommended accessories



Enameled GN  
container