

Pork Belly roulade

Cuisine: Czech

Food category: Pork



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Company: Retigo



Program steps

| | | | | | | | |
|---|-------------|-------|---------------------|-------------|--------|--------|--|
| 1 | Hot air | 100 % | Termination by time | 00:20 hh:mm | 180 °C | + 90 % | |
| 2 | Combination | 80 % | Termination by time | 00:50 hh:mm | 135 °C | + 80 % | |

Ingredients - number of portions - 10

| Name | Value | Unit |
|-------------------------------------|-------|------|
| pork belly | 2000 | g |
| onion | 200 | g |
| garlic | 40 | g |
| freshly ground black pepper, ground | 1 | g |
| salt | 12 | g |
| baguettes | 4 | pcs |
| chicken eggs | 4 | pcs |
| garlic | 40 | g |
| Butter | 120 | g |
| salt | 6 | g |
| english bacon | 220 | g |
| caraway seeds | 3 | g |
| marjoram | 1 | g |

Nutrition and allergens

Allergens: 1, 3

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

Vitamins: A, B, B6, C, D, E, K, Kyselina listová

| Nutritional value of one portion | Value |
|----------------------------------|-----------|
| Energy | 1169.3 kJ |
| Carbohydrate | 4.2 g |
| Fat | 84.5 g |
| Protein | 29.4 g |
| Water | 0 g |

Directions

We cut the slab of meat lengthwise along the fibers so that it opens like a book. We don't cut a bit from the edge so that it holds together. We can tap the meat slightly. Salt and pepper both sides.

For the filling, dip the rolls in milk and cut them into thin slices or cubes. Once they are soft, squeeze out the excess liquid, add softened butter, eggs, finely chopped bacon, pressed garlic, marjoram, chopped parsley and salt. Mix everything thoroughly.

Spread the stuffing on the sheet of meat (not all the way to the edges) and wrap it again along the fibers of the roulade. We fasten it with string (we can also buy a net intended for this in butcher supplies). Sprinkle caraway on all sides of the roll.

Coarsely chop the onion and garlic on the bottom of the baking dish with the lid, place the roll on top and cover with approx. 150 ml of water or stock. We bake the belly roll on the program above. Add liquid as needed.