

# Pork Belly roulade

Cuisine: Czech

Food category: Pork



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## 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.