

# Stir-fried twice-cooked pork

Cuisine: **Chinese**  
Food category: **Pork**




Author: **Gary CHIU**  
Company: **Retigo Asia**





Program steps


Preheating: 215 °C


1


 Combination


 30 %

 Termination by time


 05:00 mm:ss


 200 °C


 90 %





2


 Combination


 30 %

 Termination by time

 05:00 mm:ss

 200 °C

 90 %



Ingredients - number of portions - 10		
Name	Value	Unit
pork belly, minced	1	kg
mixed peppers	100	g
red pepper	20	g
mixed peppers	50	g

Name	Value	Unit
spicy bean sauce	20	g
soy dipping sauce	100	ml
rice wine	10	ml
caster sugar	10	g

Nutrition and allergens	
Allergens: Minerals: Ca, Cu, Fe, I, K, Mg, Mn, Na, P, Se, Zn Vitamins: A, B, C, Cholin, E, K, Kyselina listová	
Nutritional value of one portion	Value
Energy	363.7 kJ
Carbohydrate	2.6 g
Fat	33.2 g
Protein	13.4 g
Water	0 g

Directions

\*Glutinous Rice Pepper (Green)

The first stage

◇ Put the thin slices of steamed pork belly into the pot, steam and roast separately, without seasoning

◇ Roast the steamed pork belly at high temperature to produce a golden crispy skin, creating a crispy texture, and the pork skin will not soften when cooled

second stage

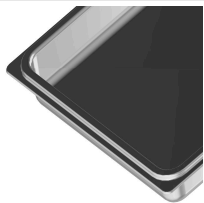
◇ Add glutinous rice pepper and sweet pepper to the pot, add spicy bean paste, soy sauce, rice wine, sugar and mix well

◇ Then put it in the steam oven to continue cooking, and the pork belly slices will be crispy. Roasted glutinous rice peppers and sweet peppers

◇ The seasoning must be mixed with the ingredients and baked together

◇ Use high temperature to roast the seasoning to produce aroma and condense with the ingredients

## Recommended accessories



GN container Stainless  
steel full