

Cantonese Crispy Roast Pork

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































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Program steps

Preheating: 160 °C

1	 Hot air	 100 %	 Termination by core probe temperature	 40 °C	 140 °C	 100 %	
2	 Hot air	 100 %	 Termination by core probe temperature	 60 °C	 170 °C	 100 %	
3	 Hot air	 40 %	 Termination by core probe temperature	 75 °C	 240 °C	 100 %	
4	 Hot air	 20 %	 Termination by core probe temperature	 90 °C	 270 °C	 100 %	

Ingredients - number of portions - 10		
Name	Value	Unit
pork belly	3	kg
salt	10	g
allspice	10	g
caster sugar	5	g
white wine vinegar	10	ml

Nutrition and allergens	
Allergens:	
Minerals:	
Vitamins:	
Nutritional value of one portion	Value
Energy	1055.9 kJ
Carbohydrate	1.6 g
Fat	99.1 g
Protein	39.1 g
Water	0 g

Directions

✓ The first stage

◇ Air-dried before and after, the oven production process uses the probe mode

◇ At this stage, dry the surface moisture of pork belly

✓ The second stage

◇ At this stage, in order to explode the pork skin, the moisture is baked to make it drier

◇ Use a spatula or fork to poke holes evenly on the skin

◇ Only high temperature can dissolve grease, and the temperature is increased by 30°C

✓ The third stage

◇ At this stage, the high temperature is roasted, and the pork skin begins to burst

◇ The pigskin is not flat, it will be dealt with in the next stage

✓ The fourth stage

◇ In the final stage of popping the pigskin, open the door twice in a row to take out the pigskin and scrape it evenly

Recommended accessories



Stainless wire shelving