

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

