

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