

Hangzhou Style Dongpo Meat

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
























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Company: Retigo Asia



Program steps

Preheating: 195 °C

| | | | | | | | |
|---|---|--|---|---|--|--|---|
| 1 |  Combination |  30 % |  Termination by time |  15:00 mm:ss |  180 °C |  90 % |  |
| 2 |  Combination |  70 % |  Termination by time |  01:30 hh:mm |  140 °C |  90 % |  |
| 3 |  Combination |  50 % |  Termination by time |  15:00 mm:ss |  170 °C |  90 % |  |

Ingredients - number of portions - 20

| Name | Value | Unit |
|--------------------|-------|------|
| pork belly, minced | 4 | kg |

| Name | Value | Unit |
|--|-------|------|
| ginger root, peeled and finely chopped | 100 | g |
| shallot | 200 | g |
| star anise | 1 | g |
| caraway seeds | 10 | g |
| cinnamon | 5 | g |
| clove | 1 | g |
| brown sugar | 100 | g |
| rice wine | 600 | ml |
| soy dipping sauce | 280 | ml |
| RO water | 6.8 | l |

Nutrition and allergens


Allergens:
Minerals: Ca, Cu, Fe, K, Mg, Mn, Na, P, Se, Zn
Vitamins: A, B, C, E, K, Kyselina listová

Directions

- ✓ The first stage
- ◇ Roasted and then stewed to produce aroma and stewed in the soup together
- ◇ Three layers of meat with scallion and ginger on the bottom layer, high-temperature roasted lard sautéed with scallion and ginger
- ✓ The second stage
- ◇ The marinade should cover the surface, and the soup is 1.7 times that of pork belly
- ◇ Uncover the lid for the first hour, speed up the stewing and bring to a boil
- ◇ Cover the lid in the second hour to prevent the surface from drying and over-burning
- ◇ Take it out and cover it for 30 minutes to help soften the taste
- ✓ The third stage
- ◇ Collect the juice on high heat, remove the pork belly, and make the soup separately
- ◇ When the juice is collected on a high fire, the lid is not covered, and the high temperature shortens the time

| Nutritional value of one portion | Value |
|----------------------------------|----------|
| Energy | 731.4 kJ |
| Carbohydrate | 7.1 g |
| Fat | 66.2 g |
| Protein | 26.4 g |
| Water | 0 g |

Recommended accessories



GN container Stainless steel full