

Low-Cooking Garlic Pork Rib Crisp

Cuisine: Chinese

Food category: Pork


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Program steps

Preheating: 85 °C

| | | | | | | |
|---|-------------|---------------------|---------------------|-------------|--------|------|
| 1 | Steam | Termination by time | 06:00 hh:mm | 70 °C | 80 % | X |
| 2 | Combination | 30 % | Termination by time | 05:00 mm:ss | 230 °C | 90 % |

Ingredients - number of portions - 10

| Name | Value | Unit |
|-----------|-------|------|
| pork ribs | 2 | kg |

seasoning recipe

| Name | Value | Unit |
|----------------------|-------|------|
| garlic oil | 100 | ml |
| minced garlic | 30 | g |
| garlic crisp | 50 | g |
| rice wine | 50 | ml |
| ginger juice | 30 | ml |
| onion juice | 30 | ml |
| monosodium glutamate | 10 | g |
| bay leaf | 5 | g |
| 5 tbsp vegetable oil | 300 | ml |
| cornstarch | 100 | g |

Directions

The first stage

Ribs (3cm) with rice wine to remove fishy smell, marinated with onion and ginger juice, garlic oil, minced garlic, salt, white pepper, etc., refrigerated in vacuum for 12 hours. Use stainless steel iron net to lay it flat, do not stack the vacuum bags, and let it loosen at 70°C for 12 hours.

second stage

After Shufei is finished, take it out and wipe off the dry water, keep the surface of the ribs dry, add oil and cornstarch to grasp the thin paste. Put the ribs on the frying pan, evenly and flatly do not stack, the air convection is heated evenly. Roasted at high temperature for a short time, golden and crispy on the outside, soft and tender in the center, sprinkle with crispy garlic and serve on a serving plate.

Nutrition and allergens

Allergens:

Minerals: Cu, Mg, P

Vitamins: A, C, D, E, K

| Nutritional value of one portion | Value |
|----------------------------------|----------|
| Energy | 730.8 kJ |
| Carbohydrate | 12.9 g |
| Fat | 62.3 g |
| Protein | 30.9 g |
| Water | 0 g |

Recommended accessories



Vision Bake