

Slow Roast Pork Belly

Cuisine: English

Food category: Pork



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Program steps

Preheating: 180 °C

1	Combination	70 %	Termination by time	03:00 hh:mm	160 °C	+ 60 %	
2	Golden touch				230 °C	+ 100 %	

Ingredients - number of portions - 0

Name	Value	Unit
pork belly	1	pcs
sea-salt	5	g
freshly ground black pepper, ground	5	g
olive oil	30	ml

Nutrition and allergens

Allergens:

Minerals: Ca, Fe, K, Mg

Vitamins: A, B6, C, D, E, K

Nutritional value of one portion	Value
Energy	0 kJ
Carbohydrate	0 g
Fat	0 g
Protein	0 g
Water	0 g

Directions

Score the pork belly using a very sharp knife.

Lay the pork, skin-side up, on the wire shelf / oven rack on a roasting tin. Rub with oil and season with salt and pepper. This process helps the fat run out and skin to crisp.

When the oven has pre-heated, transfer to the oven. Pork belly needs a combination of slow, gentle heat to tenderize the meat, plus a shorter blast at a higher heat to crisp up the skin.

Cook at 160C 3 hrs using the program steps as listed. After 3 hrs, the oven will automatically change to the "Golden Touch" mode to crisp the crackling.

Once cooked (the pork should be tender; this can be easily tested by piercing the flesh with a knife), remove the pork from the oven, then leave to rest for 10-15 minutes before carving.

you can use the fat and juices in the GN tray for your gravy.

Recommended accessories

