

Overnight Pork Belly

Cuisine: English

Food category: Pork



Author: Phil Smith

Company: Retigo



Program steps

Preheating: 100 °C

1	Combination	100 %	Termination by time	00:00 hh:mm	80 °C	40 %	
2	Golden touch				230 °C	100 %	

Ingredients - number of portions - 0

Name	Value	Unit
pork belly	1	pcs
olive oil	30	ml
sea-salt	10	g
freshly ground black pepper, ground	10	g

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 overnight low and slow. Once cooked for the overnight time, you will need to automatically set the "Golden Touch" setting to "finish" and brown up the pork to get the crackling.

Once cooked (the pork will be tender; this can be 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

