

K-Pop Korean Grill Pork Belly (SAMGYEOPSAL:삼겹살구이)

Cuisine: **Other**

Food category: **Pork**



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Company: **Retigo Asia Limited**

Program steps

Preheating: 260 °C

1

Hot air
 100 %
 Termination by time
 00:15 hh:mm
 240 °C
 80 %

Ingredients - number of portions - 10

Name	Value	Unit
Pork belly	1	kg
Yellow pears	100	g
Onion	100	g
Leeks	180	g
Garlic	40	g
Soy sauce	100	g
Black Pepper	3	g

Directions

1. Make the mother sauce first by blending 1 yellow pear, 1 medium onion, 40g peeled garlic, 2 stalks leek, 180ml light soy sauce, 1/4 honey and 1 tsp black pepper into a saucy paste. Store in a glass jar and refrigerate for 1 day.

2. Heat up a combi to 240 °C and used Vision Grill Diagonal GN 1/1. Grill the marinated pork belly slices on each side for a few minutes until they are crisp and golden brown around the edges. Strain the grilled pork of any excess oil.

Nutrition and allergens

Allergens: Soy

Minerals: Calcium, Iron, Magnesium, Phosphorus, Potassium, Sodium, Zinc

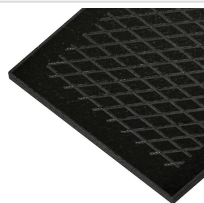
Vitamins: Folate, Niacin, Riboflavin, Thiamin, Vitamin A, Vitamin B6, Vitamin C, Vitamin K

Nutritional value of one portion	Value
Energy	550.7 kJ
Carbohydrate	7.1 g
Fat	53.1 g
Protein	10.5 g
Water	84 g

Recommended accessories



Vision Grill Diagonal



Vision Grill