

Braised pork leg with Duck egg

Cuisine: South-East Asian

Food category: Pork



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Program steps

Preheating: 200 °C

1	Hot air	100 %	Termination by time	00:10 hh:mm	200 °C	100 %	
2	Combination	40 %	Termination by time	00:50 hh:mm	180 °C	100 %	

Ingredients - number of portions - 10

Name	Value	Unit
Pork leg	1.5	kg
Galangar	50	g
Whole Garlic	3	pcs
Dark soy sauce	60	ml
Light soy sauce	40	ml
Oyster sauce	50	ml
Palm sugar	80	g
Salt	20	g
star anise	2	pcs
cinnamon stick	1	pcs
Duck eggs	4	pcs
Pickles mustard	300	g
Chinese celery	50	g
Water	3	l

Directions

Marinate all the ingredients together, excluding Duck eggs and pickle mustard and keep overnight.
 Take place for preheating.
 Sear the pork leg to get Brown color.
 Put water and braised for 30 minutes.
 Once the meat is tender add Duck eggs and pickle mustard and cook for another 20 minutes.
 When it's cook garnish with Chinese celery and serve with rice.

Nutrition and allergens

Allergens: Shellfish, Soy, SOY
 Minerals: 660 mg, Calcium, Iron, Magnesium, Manganese, Phosphorus, Potassium, Sodium, Sodium: 38758 mg, Sodium: 5, Zinc
 Vitamins: Folate, Niacin, Riboflavin, Thiamin, Vitamin B6, Vitamin C

Nutritional value of one portion	Value
Energy	470.6 kJ
Carbohydrate	8.9 g
Fat	31.6 g
Protein	30.3 g
Water	128.4 g

Recommended accessories



GN container Stainless steel full