

Grilled Sichuan pepper marinated Pork belly

Cuisine: **South-East Asian**

Food category: **Pork**



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Program steps

Preheating: **190 °C**

1 Combination 40 % Termination by time 00:10 hh:mm 190 °C 100 %

Ingredients - number of portions - 10

Name	Value	Unit
Pork belly cube	1	kg
Sechuan pepper	60	g
Minced lemongrass	60	g
Red chilli chopped	3	pcs
Honey	90	ml
Minced shallots	70	g
Minced Garlic	50	g
fish sauce	60	ml
Brown Sugar	30	g
Black Pepper	10	g
Cooking oil	50	ml
Lime leaf	50	g

Nutrition and allergens

Allergens:

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	552.1 kJ
Carbohydrate	12 g
Fat	53.2 g
Protein	10.5 g
Water	57.2 g

Directions

Marinate all the ingredients together and refrigerate for 1 hour.

Skewer the meat onto bamboo sticks, place one piece of meat on and lime leaf, then another piece of meat.

When the temperature reach place the skewers on vision express grill and cook for 10 minutes.



Vision Express Grill