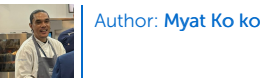


Fermented Bean curds braised pork belly


Cuisine: Chinese
Food category: Pork





Program steps


Preheating: 190 °C


1


 Combination


 50 %

 Termination by time

 00:25 hh:mm

 190 °C

 100 %



Ingredients - number of portions - 10

Name	Value	Unit
Pork belly	1	kg
Fried tofu	200	g
Minced garlic	30	g
Minced chilli	10	g
Carrot	200	g
Dried shitake mushrooms	80	g
Fermented tofu	200	g
Salt	10	g
Sugar	20	g
Chinese celery	20	g
Cooking oil	30	ml
Coconut juice	1	l

Directions

Cut the pork belly into cube. Marinate with fermented bean curd and sugar.

Cut the carrot into diamond shape. Soak shitake mushroom in salt water, wash, drain.

Mixed the pork belly and minced garlic and sear it for 3 minutes, add carrot, shitake mushroom, fried tofu, coconut juice and braised for 20 minutes. Adjust the seasoning and fold with Chinese celery.

Nutrition and allergens

Allergens:
Minerals:
Vitamins:

Nutritional value of one portion	Value
Energy	29.2 kJ
Carbohydrate	1.6 g
Fat	0 g
Protein	0.2 g
Water	0 g

Recommended accessories

