

Stir fried pork with black pepper sauce

Cuisine: **South-East Asian**

Food category: **Pork**



Program steps

Preheating: 180 °C

1 Combination 40 % Termination by time 00:09 hh:mm 180 °C 100 %

Ingredients - number of portions - 10

Name	Value	Unit
Pork shoulder	1	kg
Minced garlic	30	g
Red capsicum	100	g
Oyster sauce	30	g
Black pepper crose	50	g
Dark soy sauce	30	ml
Sugar	20	g
Corn starch	10	g
sesame oil	10	ml
Chinese rice wine	15	ml
Salt	10	g
Oil	20	ml
Spring onions	20	g

Nutrition and allergens

Allergens: Shellfish, Soy
 Minerals: 660 mg, Calcium, Iron, Potassium, Sodium:
 38758 mg, Sodium: 5
 Vitamins: Folate, Vitamin A, Vitamin C, Vitamin K

Nutritional value of one portion	Value
Energy	284.3 kJ
Carbohydrate	8.4 g
Fat	20.2 g
Protein	17.9 g
Water	76.8 g

Directions

- Wash and cut the pork to thin strips.
 - Marinate with rice wine, sesame oil, corn starch, sugar and salt.
 - Mix black pepper crose, oyster sauce, dark soy sauce, sugar, salt and a little water in a bowl.
 - place the marinated pork, oil and garlic in the enameled GN container and sear for 3 minutes.
 - Add sauce and continue to cook for 4 minutes.
- Add capsicum, sesame oil, Chinese wine and cook 2 minutes more.
- Garnish with spring onions and serve.

Recommended accessories



Enameled GN
container