

Crispy pork belly

Cuisine: **Other**
Food category: **Pork**





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Company: **Retigo**





Program steps


1


 Combination


 70 %

 Termination by time

 06:00 hh:mm


 65 °C


 100 %




2

sear the belly pieces

 Golden touch

 190 °C

 100 %

Ingredients - number of portions - 8

Name	Value	Unit
pork belly, minced	2	kg
water	3	l
salt	180	g
baking powder	10	g
pork lard	100	g
lemon	6	pcs
avocado	2	pcs
salt	1	g
lime juice	20	ml
shallot	1	pcs
serrano chili	1	pcs
tomato	1	pcs
Coriander leaves, finely chopped	10	g

Nutrition and allergens

Allergens:
Minerals: Ca, Co, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn
Vitamins: A, B, C, E, Kyselina listová

Nutritional value of one portion	Value
Energy	987.5 kJ
Carbohydrate	0.3 g
Fat	94.9 g
Protein	32.6 g
Water	0 g

Directions

1. Slice the pork belly in 3cm strips.
2. Dissolve the salt and baking soda in water and brine the pork for 12 hours.
3. Pat the belly dry and seal in a container with cling film. Make a hole in the film and, with a smoking gun, smoke the pork thoroughly.
4. Set the oven on combi at 65°C and cook for 6 hours.
5. Meanwhile, lightly sauté the shallot, chili and avocado and finish with lime. Blend and finish the guacamole with the tomato and coriander.
6. In a thick-bottomed pan on a stove, heat the lard to 150°C and sear the belly pieces for 8 minutes. Set aside and allow to cool, reserving the lard.
7. Crank up the heat of the lard to 190°C and sear the belly pieces again for 3 minutes.
8. Serve with avocado and lime wedges.

Recommended accessories



Vision Bake



GN container Stainless steel full