

Low-Cooker Pork Ribs with Orange Sauce

Cuisine: **Chinese**
Food category: **Pork**





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Program steps

Preheating: 85 °C

1	 Steaming		 Termination by time	 12:00 hh:mm	 70 °C	 80 %	
2	 Combination	 30 %	 Termination by time	 05:00 mm:ss	 180 °C	 90 %	

Ingredients - number of portions - 10		
Name	Value	Unit
pork ribs	3	kg

Nutrition and allergens	
Allergens: Minerals: Vitamins:	
Nutritional value of one portion	Value
Energy	999 kJ
Carbohydrate	0 g
Fat	93 g
Protein	45 g
Water	0 g

Directions

The first stage

◇ The keel is baked in a steam oven, and after frying rock sugar, cook the sauce with soy sauce, soy sauce paste, orange juice, water and other spices

◇ After the pork ribs (6cm) are deodorized with rice wine, add cooking sauce, salt, white pepper, etc. to marinate, and refrigerate in vacuum for 12 hours

◇ Use stainless steel iron net to lay flat, vacuum packaging bags should not be stacked, 70°C for 12 hours

second stage

◇ Shufei is finished, take it out and wipe dry water, keep the surface of the ribs dry, and brush the orange juice ribs sauce again

◇ Use a flat baking tray to put the brushed ribs on the sauce, evenly and flatly do not stack, the air convection is heated evenly

◇ Humidity 30%, steamed and baked at 180°C for 5 minutes, the short-term high-temperature sauce will be fragrant and colored, and the center will be soft and tender

Recommended accessories



Vision Bake