

Roasted pork belly

Cuisine: **Czech**
Food category: **Pork**



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Program steps

1	 Hot air	 100 %	 Termination by time	 00:10 hh:mm	 190 °C	 100 %	
2	 Combination	 90 %	 Termination by core probe temperature	 89 °C	 140 °C	 80 %	
3	 Hot air	 100 %	 Termination by time	 00:15 hh:mm	 210 °C	 100 %	

Ingredients - number of portions - 10		
Name	Value	Unit
meaty pork belly with bone	2	kg
salt	0.05	kg
mixed peppercorns	0	kg
caraway seeds	0	kg
garlic	0.05	kg
herbs	0	kg
onion	0.25	kg
dark beer 11%	0.5	l

Nutrition and allergens	
Allergens: Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn Vitamins: A, B, C, E, K, Kyselina listová	
Nutritional value of one portion	Value
Energy	717.3 kJ
Carbohydrate	3.7 g
Fat	66.1 g
Protein	26.6 g
Water	0 g

Directions

Wash the pork belly properly, debone it and cut the skin into cubes. We rub the garlic with salt, cumin and crushed pepper into the meat, we can add herbs to taste. Roll the belly into a roll and roll it up with twine.

In an enameled GN 40 mm high, put the bones and roughly chopped onion on top of them
add the belly roll, cover with water and beer.

Put the roast prepared in this way into the convection oven. During baking, add water and pour over the pastry.

After that, we can prepare a juice from the pastry as desired.

Recommended accessories



Enameled GN
container