

Braised pork belly

Cuisine: **Czech**
Food category: **Game**



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Program steps

1

 Steaming

 Termination by time

 00:30 hh:mm

 99 °C

 50 %



2

Podlít pivem či vínem

 Combination

 50 %

 Termination by core probe temperature

 94 °C

 155 °C

 80 %



3

Dopékám na kůrku

 Hot air

 100 %

 Termination by time

 00:30 hh:mm

 180 °C

 100 %



Ingredients - number of portions - 10		
Name	Value	Unit
boar flank	2000	g
salt	25	g
garlic	45	g
onion	250	g
dark beer	500	g
water	700	g
plain wheat flour	30	g

Nutrition and allergens	
Allergens: 1	
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	262.8 kJ
Carbohydrate	7.1 g
Fat	6.9 g
Protein	40.1 g
Water	0 g

Directions

We salt the pork belly and let it rest overnight in the fridge, then we place it in an enameled GN pan, add the remaining ingredients, and put it in a preheated combi oven, inserting a temperature probe and steaming it.\nAfter the first step of cooking is finished, we baste it with beer or wine and water.\nAfter the cooking is done, we pour the drippings into a saucepan and season it.

Recommended accessories



Enameled GN
container