

Chinese Barbecued Pork

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



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Program steps

Preheating: 245 °C

1	 Hot air	 0 %	 Termination by core probe temperature	 40 °C	 230 °C	 90 %	
2	 Hot air	 0 %	 Termination by core probe temperature	 55 °C	 180 °C	 90 %	
3	 Hot air	 0 %	 Termination by core probe temperature	 75 °C	 140 °C	 90 %	
4	 Hot air	 0 %	 Termination by core probe temperature	 80 °C	 210 °C	 90 %	

Ingredients - number of portions - 10

Name	Value	Unit
oyster sauce	90	g
soy dipping sauce	100	g
chee hou sauce	50	g
sweet bean sauce	200	g
seafood sauce	260	g
sesame paste	50	g
Sorghum 58 degrees	30	ml
shallot oil	100	ml
RO water	20	ml

Name	Value	Unit
boneless pork shoulder	3	kg

Nutrition and allergens

Allergens:
Minerals: Fe
Vitamins: B

Directions

- ✓ The first stage
◇ Barbecued pork is hung and roasted, and the oven production process uses the probe mode
◇ At this stage, the surface of the char siew is quickly roasted and colored
- ✓ The second stage
◇ The temperature in the next baking stage is from high to low
◇ Roast at medium temperature to make the moisture drier
- ✓ The third stage
◇ At this stage, the temperature is low and slow roasted to keep the moisture of the char siew
- ✓ The fourth stage
◇ The last step is to increase the temperature to help the char siu meat firm and color

Nutritional value of one portion	Value
Energy	531.2 kJ
Carbohydrate	19.8 g
Fat	19.6 g
Protein	67.7 g
Water	0 g

Recommended accessories

