

# Japanese Ginger Pork (Shogayaki:豚の生姜焼き)

Cuisine: **Japanese**  
Food category: **Pork**



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Program steps

Preheating: 230 °C

1

Combination

30 %

Termination by time

00:10 hh:mm

200 °C

80 %

| Ingredients - number of portions - 10 |       |      |
|---------------------------------------|-------|------|
| Name                                  | Value | Unit |
| Pork loin                             | 1     | kg   |
| Fresh ginger                          | 50    | g    |
| Apple                                 | 30    | g    |
| Onion                                 | 100   | g    |
| Garlic Clove                          | 30    | g    |
| Soy sauce                             | 30    | ml   |
| Sake                                  | 20    | ml   |
| Mirin                                 | 10    | ml   |
| Dashi                                 | 30    | ml   |
| Copper                                | 5     | g    |
| Salt                                  | 3     | g    |
| White pepper                          | 1     | g    |

Directions

1.In a small bowl, combine all ingredients for the ginger sauce.

2.Make a few cuts across the fatty parts and muscles to prevent the meat from curling during the cooking process.

3.Sprinkle both sides of the pork with a pinch of salt and pepper, then coat with a thin layer of plain flour.

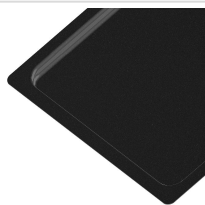
4.Add about 1 tbsp of vegetable oil on each Pork loin, lay on Vision Bake 1/1 to roasted 5 mins.

5.Pouring another half ginger sauce to mix and roasted rest of 5 mins.

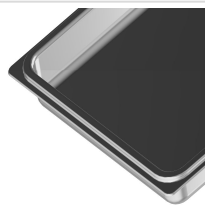
6.Serve with salad and sauce.

| Nutrition and allergens                                                                                                                                                                         |          |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| Allergens:<br>Minerals: 7 g, Calcium, Iron, Magnesium, Manganese, Phosphorus, Potassium, Sodium, Sodium: 38758 mg, Sodium: 5, Zinc<br>Vitamins: Folate, Niacin, Thiamine, Vitamin B6, Vitamin C |          |
| Nutritional value of one portion                                                                                                                                                                | Value    |
| Energy                                                                                                                                                                                          | 256.3 kJ |
| Carbohydrate                                                                                                                                                                                    | 3.3 g    |
| Fat                                                                                                                                                                                             | 18.1 g   |
| Protein                                                                                                                                                                                         | 20.4 g   |
| Water                                                                                                                                                                                           | 78.1 g   |

## Recommended accessories



Vision Bake



GN container Stainless  
steel full



Enameled GN  
container