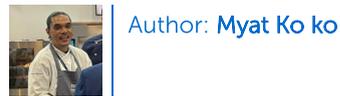


Bak Kut Teh (Braised pork rib)

Cuisine: **South-East Asian**

Food category: **Pork**



Author: **Myat Ko ko**

Program steps

Preheating: 100 °C

1	Steaming		Termination by time	00:10 hh:mm	99 °C	50 %	
2	Combination	50 %	Termination by time	00:40 hh:mm	180 °C	100 %	

Ingredients - number of portions - 10

Name	Value	Unit
Pork spare ribs	1	kg
Pork belly	500	g
White papercorns	10	g
Black Pepper	10	g
Star anise	3	pcs
cinnamon stick	1	pcs
Crush garlic	50	g
Dried shitake mushrooms	5	pcs
Tofu	1	pcs
Light soy sauce	30	ml
Fish sauce	20	ml
brown sugar	10	g

Directions

Wash and cut the pork spare rib and pork belly to 2 inches size.

Marinate with fish sauce and chill for 30 minutes.

When the temperature reached steam the pork belly and spare ribs for 10 minutes.

Then place in the GN container with water and all the ingredients excluding tofu and braised for 20 minutes.

When the meat is cook add tofu and braised for another 10 minutes.

Adjust the seasoning and serves with red cut chilli and light soy sauce.

Nutrition and allergens

Allergens: Soy, SOY

Minerals: Calcium, Iron, Magnesium, Phosphorus, Potassium, Sodium, Zinc

Vitamins: B1, B2, B6, E, Folate, Niacin, Riboflavin, Thiamin, Vitamin A, Vitamin B6, Vitamin C, Vitamin K

Nutritional value of one portion	Value
Energy	631.4 kJ
Carbohydrate	4.1 g
Fat	54.6 g
Protein	30 g
Water	78.6 g



GN container Stainless
steel full