

Fermented Bean curds braised pork belly

Cuisine: **Chinese**

Food category: **Pork**



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Program steps

Preheating: 190 °C

1 Combination 50 % Termination by time 00:25 hh:mm 190 °C 100 %

Ingredients - number of portions - 10

Name	Value	Unit
Pork belly	1	kg
Fried tofu	200	g
Minced Garlic	30	g
Minced chilli	10	g
Carrot	200	g
Dried shitake mushrooms	80	g
Fermented tofu	200	g
Salt	10	g
sugar	20	g
Chinese celery	20	g
Cooking oil	30	ml
Coconut juice	1	l

Nutrition and allergens

Allergens: Soy
 Minerals: Calcium, Iron, Sodium: 38758 mg
 Vitamins: Vitamin B1, Vitamin B2

Nutritional value of one portion	Value
Energy	636.9 kJ
Carbohydrate	12.3 g
Fat	56.9 g
Protein	14.5 g
Water	72.3 g

Directions

Cut the pork belly into cube. Marinate with fermented bean curd and sugar.

Cut the carrot into diamond shape. Soak shitake mushroom in salt water, wash, drain.

Mixed the pork belly and minced garlic and sear it for 3 minutes, add carrot, shitake mushroom, fried tofu, coconut juice and braised for 20 minutes. Adjust the seasoning and fold with Chinese celery.



GN container Stainless
steel full