

Stew pork belly with young jackfruit

Cuisine: South-East Asian

Food category: Pork



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Program steps

Preheating: 190 °C

1 Combination 50 % Termination by time 00:30 hh:mm 190 °C 100 %

Ingredients - number of portions - 10

| Name | Value | Unit |
|------------------|-------|------|
| Pork belly | 1 | kg |
| Young jack fruit | 800 | g |
| Minced shallots | 50 | g |
| Minced Garlic | 30 | g |
| fish sauce | 100 | ml |
| Brown Sugar | 30 | g |
| Slice chilli | 10 | g |
| Black Pepper | 5 | g |
| Oil | 30 | ml |
| Spring onions | 20 | g |

Nutrition and allergens

Allergens:

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

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

| Nutritional value of one portion | Value |
|----------------------------------|---------|
| Energy | 616 kJ |
| Carbohydrate | 23.7 g |
| Fat | 53.5 g |
| Protein | 10.8 g |
| Water | 108.3 g |

Directions

Wash pork belly, drain, cut into chunk, marinated with black pepper, fish sauce, brown sugar, oil and leave for 15 minutes.

Wash young jack fruit, cut four quarters and steam 8 minutes.

Marinate pork with shallots, garlic and sear it until fragrant, add young jack fruit and water, braised until cook.

Once cooked garnish with spring onions and slice chilli.



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