

# Stewed Pork Belly with Shiitake Mushroom

Cuisine: **Chinese**

Food category: **Pork**



Author: **Myat Ko ko**

## Program steps

Preheating: 180 °C

1 Combination 50 % Termination by time 00:20 hh:mm 180 °C 100 %

## Ingredients - number of portions - 10

Name	Value	Unit
Pork belly	1	kg
Dried shiitake mushrooms	100	g
Oyster sauce	50	ml
Dark soy sauce	30	ml
Light soy sauce	20	ml
Dried chilli	20	g
Brown Sugar	20	g
Salt	10	g
Five spices powder	5	g
Spring onions	10	g
Crush garlic	20	g
Oil	20	ml
Water	500	ml

## Directions

Washed and cut big cube to pork belly. marinade with oyster sauce, Dark soy sauce, Light soy sauce, brown sugar, five spice powder and salt.  
Soak the dried shiitake mushroom over night.  
put oil and garlic in the enameled container, add pork belly and sear for 3 minutes, add water, mushroom, dried chilli and braised for 17 minutes or desire tenderness.

## Nutrition and allergens

Allergens: Shellfish, Soy, SOY  
Minerals: 660 mg, Calcium, Copper, Iron, Magnesium, Phosphorus, Potassium, Selenium, Sodium, Sodium: 38758 mg, Sodium: 5, Zinc  
Vitamins: Folate, Vitamin A, Vitamin B2, Vitamin B6, Vitamin C, Vitamin D, Vitamin E, Vitamin K

Nutritional value of one portion	Value
Energy	566.2 kJ
Carbohydrate	11.5 g
Fat	53.5 g
Protein	11.2 g
Water	32.3 g

## Recommended accessories



Enameled GN  
container