

# Braised pork belly

Cuisine: **Czech**  
Food category: **Game**



Author: **Vlastimil Jaša**

Company: **Retigo**



## Program steps

1

Steaming

Termination by time

00:30 hh:mm

99 °C

50 %

2

Podlít pivem či vínem

Combination

50 %

Termination by core probe temperature

94 °C

155 °C

80 %

3

Dopékám na kůrku

Hot air

100 %

Termination by time

00:30 hh:mm

180 °C

100 %

| Ingredients - number of portions - 10 |       |      |
|---------------------------------------|-------|------|
| Name                                  | Value | Unit |
| boar flank                            | 2000  | g    |
| salt                                  | 25    | g    |
| garlic                                | 45    | g    |
| onion                                 | 250   | g    |
| dark beer                             | 500   | g    |
| water                                 | 700   | g    |
| plain wheat flour                     | 30    | g    |

| Nutrition and allergens                                      |          |
|--------------------------------------------------------------|----------|
| Allergens: 1                                                 |          |
| Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn |          |
| Vitamins: A, B, C, E, K, Kyselina listová                    |          |
| Nutritional value of one portion                             | Value    |
| Energy                                                       | 262.8 kJ |
| Carbohydrate                                                 | 7.1 g    |
| Fat                                                          | 6.9 g    |
| Protein                                                      | 40.1 g   |
| Water                                                        | 0 g      |

## Directions

We salt the pork belly and let it rest overnight in the fridge, then we place it in an enameled GN pan, add the remaining ingredients, and put it in a preheated combi oven, inserting a temperature probe and steaming it.\nAfter the first step of cooking is finished, we baste it with beer or wine and water.\nAfter the cooking is done, we pour the drippings into a saucepan and season it.

## Recommended accessories



Enameled GN  
container