

Hangzhou Style Dongpo Meat

Cuisine: **Chinese**
Food category: **Pork**



Author: **Gary CHIU**
Company: **Retigo Asia**



Program steps

Preheating: 195 °C

1	 Combination	 30 %	 Termination by time	 15:00 mm:ss	 180 °C	 90 %	
2	 Combination	 70 %	 Termination by time	 01:30 hh:mm	 140 °C	 90 %	
3	 Combination	 50 %	 Termination by time	 15:00 mm:ss	 170 °C	 90 %	

Ingredients - number of portions - 20		
Name	Value	Unit
pork belly, minced	4	kg

Name	Value	Unit
ginger root, peeled and finely chopped	100	g
shallot	200	g
star anise	1	g
caraway seeds	10	g
cinnamon	5	g
clove	1	g
brown sugar	100	g
rice wine	600	ml
soy dipping sauce	280	ml
RO water	6.8	l

Nutrition and allergens

Allergens:

Minerals: Ca, Cu, Fe, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, E, K, Kyselina listová

Directions

✓ The first stage

◇ Roasted and then stewed to produce aroma and stewed in the soup together

◇ Three layers of meat with scallion and ginger on the bottom layer, high-temperature roasted lard sautéed with scallion and ginger

✓ The second stage

◇ The marinade should cover the surface, and the soup is 1.7 times that of pork belly

◇ Uncover the lid for the first hour, speed up the stewing and bring to a boil

◇ Cover the lid in the second hour to prevent the surface from drying and over-burning

◇ Take it out and cover it for 30 minutes to help soften the taste

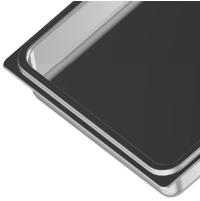
✓ The third stage

◇ Collect the juice on high heat, remove the pork belly, and make the soup separately

◇ When the juice is collected on a high fire, the lid is not covered, and the high temperature shortens the time

Nutritional value of one portion	Value
Energy	731.4 kJ
Carbohydrate	7.1 g
Fat	66.2 g
Protein	26.4 g
Water	0 g

Recommended accessories



GN container Stainless steel full