Char siu (BBQ pork)

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制备过程	30 分钟
烘烤的时间：烘烤时间取决于机器	20 分钟
份	4
电器	Combair-Steam SE 自 2015 年

Preparation

400 g shoulder of pork

1 tbsp salt

500 ml water

Cut the shoulder of pork into 2 cm thick slices. In a large bowl, soak the pork in the water and salt (brine) for 30 minutes.

Afterwards, rinse under running water, allow to drain and pat dry with kitchen paper.

5 tbsp sugar

2 tbsp rice wine, e.g. Shaoxing wine or sherry

1 clove of garlic

1 shallot

2 tbsp hoisin sauce

1 tbsp ginger juice

1 tsp five-spice powder

½ tsp galangal powder, ginger powder (optional)

½ tsp soy sauce, mild

Peel and finely chop the garlic and the shallot. Mix all the ingredients for the marinade together in a bowl, put it into the vacuum bag together with the meat and vacuum seal on level 3. Place in the refrigerator and marinate for at least 1 hour or overnight. Next, take the meat out of the bag and discard the marinade.

将发酵桶预加热 热风+清蒸 到 **230 °C**

Line a baking tray with baking paper and place the wire shelf on it. Place the meat on the wire shelf and put it into the preheated oven space at level 2. Put the baking tray at level 1. Bake.

放入食物

在 热风+清蒸 期间为 **230 10** 分钟°C

3 tbsp honey or malt sugar

3 tbsp sugar

1 tbsp mirin (sweetened sake or rice wine)

Heat all the ingredients for the glaze in a small saucepan over a low heat until the sugar has dissolved.

Brush the meat with the glaze. Continue cooking.

上方浇入

在 热风+清蒸 期间为 **230** **5** 分钟°C

Brush the meat again with the glaze, turn it over and brush the underside. Continue cooking.

上方浇入

在 热风+清蒸 期间为 **230** **5** 分钟°C

Place the meat on a plate and brush with the leftover glaze.

配件

Baking tray

Wire shelf

附加信息

创建时间	11.12.2019