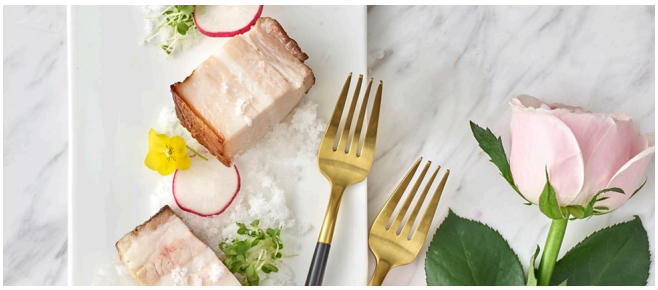
72-hour pork belly

食谱作者 V-ZUG 瑞族



制备过程	20 分钟
烘烤的时间：烘烤时间取决于机器	3 日
份	4
电器	Combair-Steam SL 自 2017 年起

Preparation

1.3 kg pork belly, skin on

2 tsp five-spice powder

1 tsp honey, runny

2 pinches of salt

2 tbsp soy sauce, mild

Rinse the pork belly under cold running water and pat dry with kitchen paper. Mix the honey and the soy sauce together and spread evenly over the pork belly. Rub the meat side with the five-spice powder and a little salt, but not the skin side.

Put the marinated pork belly into a vacuum bag, add the soy sauce and vacuum seal it on level 3. Place the bag on the wire shelf in the cold cooking space. Steam.

在 真空蒸煮 期间为 **62 3** 日°C

Oil, for searing

After steaming, take the pork belly out of the bag and pat dry with kitchen paper. Next, place the pork belly, skin-side down, on the Teppan Yaki and, using a little oil, brown until golden and crispy.

小费

Fill the water tank completely full with water before cooking.

The pork belly can also be cooked at 68 °C for 24 hours.

The pork belly can be seared on a piece of baking paper to prevent it from sticking to the Teppan Yaki.

配件

Wire shelf

Vacuum bag

附加信息

创建时间	11.12.2019