Char siu (BBQ pork)

מתכון מאת V-ZUG Ltd.



Preparation	30 Mins
Cooking time	20 Mins
מנות	4
התקן	Combair-Steam SL from 2015

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.

(Pre-)heat cooking space to 230 °C with Hot air + steaming

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.

Put the food in

Hot air + steaming 230 °C for 10 Mins

3 tbsp honey or malt sugar

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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.

Pour on topping

Hot air + steaming 230 °C for 5 Mins

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

Pour on topping

Hot air + steaming 230 °C for 5 Mins

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

אביזרים

Baking tray

Wire shelf

מידע נוסף

הופק ביום	11.12.2019