Pork belly

מתכון מאת V-ZUG Ltd.



Preparation	45 Mins
Cooking time	1 day
מנות	4
התקן	CombairSteamer V6000 from 2021

cooked with pineapple chutney for 24 hours

Pork belly

500 g piece of pork belly

2 tbsp fennel seeds

1 tbsp peppercorns

5 star anise

1 tsp salt

Peanut oil for searing

Pineapple chutney

1 pineapple

2 shallots

1 red peperoncino

150 ml herb infused vinegar

2 tbsp sugar

1 tsp pink pepper, ground

1 tsp pepper

½ tsp cumin powder

Some salt

Pork belly

Score the rind in a criss-cross diagonal pattern about 5 mm deep. Toast the spices in a frying pan over a high heat. Put the pork belly with the other ingredients into a vacuum bag and vacuum seal it on the highest level. Steam on a perforated stainless steel tray at 64 °C for 24 hours using the Vacuisine mode.

Pineapple chutney

Peel the pineapple, quarter lengthways and remove the core. Cut the flesh into about 5 mm cubes. Finely chop the shallots and peperoncino. Reduce all the ingredients in a small pan over a medium heat for 30 minutes until the liquid has the consistency of a syrup. Season with salt to taste.

Serving

Pat the pork belly dry with kitchen paper. Heat some oil in a non-stick frying pan. Fry the pork belly, skin-side down, until crispy. Slice the pork belly up and serve with the chutney.

Cooking steps

Vacuisine 65 °C for 1 day

עצות

To store chutney for longer, put in a preserving jar and sterilize in the cooking space using the programme for sterilizing preserving jars.

אביזרים

Vacuum bags

Perforated stainless steel tray

מידע נוסף

הופק ביום	26.01.2022