72-hour pork belly

Recipe by V-ZUG Ltd.

Preparation	20 Mins
Cooking time	3 days
Portions	4
Appliance	Combair-Steam SL from 2017

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.

Vacuisine 62 °C for 3 days

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.

Tips

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.

Accessories

Wire shelf

Vacuum bag

Additional information

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