

Crispy Pork Belly



47:11

This recipe is available for:

Accessories:

PROFILE

- Chilled 4°C
- 1 Full Tray
- From Scratch

	Stage 1
Steam	100 °C
00:05 -	
4	
	Stage 2
Convection	83 °C
47:11 -	
1	
	Stage 3
Convection	78 °C
00:10 -	
4	
5	
	Stage 4
Convection	78 °C
02:00 -	
1	
	Stage 5
Convection	230 °C
00:18 -	
4	
5	

Note: Information emanating from Welbilt is given after exercise of all reasonable care and skills in its compilation, preparation and issue, but is provided without liability in its application and use. All cooking settings are guides only. Adjust cooking settings to allow for differing product weights and start temperatures. Always ensure that food safe core temperature has been achieved prior to service.

Ingredients

1 pcs Pork Belly

1. Food Preparation

First, wash the pork belly in water, pat dry and place on a 1/1GN rack and steam at 100°C for 10 mins.

49.9 g Five Spice Powder
300 g Salt

After steaming the belly, remove from the oven and evenly spike the skin of the pork belly. Take care to not poke through the meat. Use a kitchen towel to wipe the excess water from the skin. Flip the meat upright, prepare the five spice powder mix with 100g salt and rub on the meat part. Cover the meat with aluminium foil. Flip the skin facing upward and rub salt evenly throughout the skin. Place the slab of marinated pork belly onto the rack, preset and preheat Convotherm oven with stage 1-4. Once preheated, use the Core temperature probe to poke into the belly meat part, (do not poke into the skin). Let the belly cook till completed stage. After the belly has completed the stage, remove it from the oven. You can choose either to blast chill, portionise and vaccum pack or you can fully crisp up the skin for serving. To crisp up the skin, preset and preheat the oven with stage 5. Once the oven is preheated, place the pork belly (with meat part covered with aluminium foil) resting on the rack with skin facing upward into the oven. Complete 18 mins blasting, remove from the oven and use a saw paring knife to scrape the surface of the blasted skin evenly. After scraping, repeat stage 5 for another 2 cycles plus scraping the skin. When you reach the third cycle; your pork belly will be ready.

2. Cooking Instruction

*In order to test your pork belly, use the sharp tip of a pairing knife. Lightly poke the skin to test if is easy to poke through. If is easy, it means you achieved the correct cooking method. If is hard and you need to use strength to poke through it, your skin is not dry enough.

3. Food Serving Instruction

Chop the pork belly into 1cm x 1cm cubes and serve with English mustard.