

Cantonese Barbecued Pork



L 26:51

This recipe is available for:

- Convotherm 4
- Convotherm maxx pro

Accessories:

1/1 GN Stainless-steel rack, electropolished, Flat, 3001075

P R O F I L E

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

Stage 1
210 °C

- Convection
- 00:05 | -
- 4
- 3

Stage 2
200 °C

- Convection
- 00:06 | -
- 5
- 5

R E C I P E

Ingredients

- 1 kg Pork neck
- 500 g Malt sugar
- 30 g Salt
- 20 g Liquorice
- 20 g Five spice powder
- 20 g Kaempferol
- 250 g Sugar
- 1 kg Seafood paste
- 600 g Fermented soya beans paste
- 150 g Peanuts paste
- 150 g Sesame paste
- 250 g Light soya sauce
- 450 g Oyster sauce
- 400 g Red Fermented bean curd juice
- 4 pcs Egg
- 400 g Rose liquor
- 500 g Shallot
- 250 g Garlic
- 250 g Ginger

1. Food Preparation

BBQ powder recipe: Salt, liquorice, five spice powder, kaempferol, sugar. Put all ingredients in blender mix it, until powdery BBQ paste: seafood paste, fermented soya beans paste, peanuts paste, sesame paste, light soya sauce, oyster sauce, red Fermented bean curd juice, egg, rose liquor, shallot, garlic, ginger. Put all ingredients in blender mix it

2. Cooking Instruction

Clean the pork neck, cut 3cm strip, Flap with meat hammer gently. Marinade the pork with BBQ powder keep in fridge, after half an hour put some BBQ paste in the bowl mix with Pork, keep in fridge over three hours. Hang pork on BBQ skewer, wipe off excess BBQ paste. Star the program 1., hang the pork into oven after preheat. When the program completed, take out pork soak in warm malt sugar half minute and then hang back pork to the oven on the shelf, start the program 2. When it completed, take out the pork from the oven, brushing malt suger.

3. Food Serving Instruction

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 save core temperature has been achieved prior to service.

