CONVOTHERM®

Cantonese Barbecued Pork

🕐 26:51

This recipe is available for:
- Convotherm 4
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Accessories:
1/1 GN Stainless-steel rack, electropolished, Flat, 3001075

PROFILE

🚩 Chilled 4°C

✖ 1 Full Tray

🍲 From Scratch

Stage 1
210 °C

♨ Convection

🕐 00:05 | -

❀ 4

ᛟ 3

Stage 2
200 °C

♨ Convection

🕐 00:06 | -

❀ 5

ᛟ 5

RECIPE

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

250 g   Ginger