

Whole Roasted Pork Belly with Mandarin Orange Sauce

A Cooperation of



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Ingredients:

for Pork Belly:

3 kg	Pork Belly - Chilled, Washed and Dried
180 g - 200 g	Coarse Salt
100 g	Garlic - Chopped
6 pcs	Preserved Red Beancurd (Sauce)
1 tbsp	Five Spice Powder
1 tsp	Brown Sugar
2 tbsp	White Sesame Oil
50 ml	Chinese White Vinegar

Mandarin Orange Sauce:

6 pcs	Mandarin Oranges
2 tbsp	Honey
1 tbsp	Sherry/ Red Wine Vinegar
1 pc	Old Ginger - Thinly Sliced

Workflow:

1. To prepare the pork belly marinade - Add beancurds from the preserved red beancurd sauce, brown sugar, five spice powder, white sesame oil and chopped garlic into a Hand Blender container. Next, blend the ingredients into a smooth paste.
2. Wrap a baking tray with foil. Next, evenly poke holes into the skin of the pork belly, then score the meat of the pork belly.
3. Rub the blended marinade onto the meat of the pork belly evenly.
4. Place the pork belly on a wire rack on top of the baking tray with the meat facing down, and rub generous amount of salt on the skin. Chill the meat in the fridge for at least 6 hours or preferably overnight, without wrapping the pork belly.
5. Pre-heat the oven to 200°C using the “4D Hot Air” function on the oven.
6. Remove the meat from the fridge and temper it to room temperature on the baking tray. Remove the salt on the surface of the skin and wipe it dry.
7. Place the tray of pork belly in the bottom rack of the oven, and cook it at 200°C for about 20 minutes
8. Remove the pork belly from the oven and brush it with the white vinegar
9. Place the tray of meat on the middle rack and cook it at 200°C for another 15 minutes using the “Top and Bottom Heat” function.
10. Shift the tray of pork belly to the top rack and roast the meat for an additional 10 minutes to crisp up the skin.
11. Juice all the oranges and pour the juice into a small sauce pan. Next, add old ginger slices, sherry or red wine vinegar and honey to the pan.
12. Bring the mixture to a boil. Let the sauce simmer until it reaches a thick consistency. For a thicker sauce consistency, simply add corn starch.
13. Serve the roasted pork belly with mandarin orange sauce.

Setting procedure:

Select 4D HotAir and 200°C to bake for 45 minutes.

4D HotAir

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