

## ROASTED CRISPY PORK BELLY

### METHOD

- 01 Boil up saline in a pot and let it cool down at room temperature. Soak pork belly into saline for 60 minutes.
- 02 Marinate the pork belly with marinade ingredients and place it into the fridge overnight.
- 03 Select "M Chef + Fan Grill" programme with "Strong Intensity" and "Crisp On" function. Pre-heat the Dialog Oven to 255°C.
- 04 Put the pork belly into the preheated Dialog Oven and bake for 25 minutes using the same setting.
- 05 Take out the pork belly and rest for 5 minutes. Cut it into pieces then it is ready to serve.

### INGREDIENTS

Pork belly ..... 1 pc (500 g)

#### Saline

Salt ..... 360 g  
Water ..... 2 L

#### Marinade

Five Spice Powder ..... 2 tsp  
Caster Sugar ..... 1 tsp  
Chinese Rose Wine ..... 2 tbsp

#### Garnish

Chopped Pineapple ..... Little  
Microgreen ..... Few

#### Dialog Oven Setting

Oven Function	M Chef + Fan Grill
Temperature	255°C
Intensity	Strong
Duration	25 mins
Pre-heat	On
Crisp Function	On
Shelf Level	2

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#### Tips

- Thanks to the M Chef technology, the Miele Dialog Oven roasts the pork belly 70% less time than the traditional oven
- By using the "Crisp On" function can better retain the flavour of the pork belly, at the same time keeping it crispy and tender

30 mins

5 persons

## 脆皮燒豬腩肉

### 做法

- 01 於鍋中沸煮鹽水，然後放在室溫下冷卻。將豬腩肉放入鹽水中浸60分鐘。
- 02 以醃料醃製豬腩肉，然後置於雪櫃一晚。
- 03 以「M Chef」模式，選用「M Chef + 風扇燒烤」功能，配合Strong Intensity和鬆脆功能，預熱Miele Dialog Oven至攝氏255度。
- 04 將豬腩肉放入已預熱的Dialog Oven，以相同設定焗25分鐘。
- 05 取出豬腩肉並放置5分鐘。切小件後即可享用。

### 材料

豬腩肉 ..... 1塊 (500克)

#### 鹽水

鹽 ..... 360克  
水 ..... 2公升

#### 醃料

五香粉 ..... 2茶匙  
砂糖 ..... 1茶匙  
玫瑰露酒 ..... 2湯匙

#### 裝飾

切碎的菠蘿 ..... 少許  
微草苗 ..... 少許

#### Dialog Oven 設定

焗爐功能	M Chef + 風扇燒烤
溫度	攝氏255度
強度	強
時間	25分鐘
預熱	開
鬆脆功能	開
層數	2

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· 相比傳統烤焗豬腩肉，利用 Miele Dialog Oven的M Chef技術可節省約70%的烹飪時間。

· 配合焗爐「Crispy on」功能，使豬腩肉表皮更香脆，保留更多肉汁，達至外脆內軟。



30 分鐘



5 人份