

## SLICED PORK BELLY WITH GARLIC SAUCE

### METHOD

- 01 Wash the pork belly, then put it into the Miele Perforated Steam Cooking Container and blanch with the Miele Steam Oven at 100°C for 9 minutes. Set aside.
- 02 After the process is done, slightly torch the surface of the pork belly and use a knife to peel off the fur.
- 03 Mix the marinade and pour into a vacuum bag with the steamed pork belly. Use the Miele Vacuum Sealing Drawer to vacuum seal the bag with level 3 vacuum and level 2 sealing setting.
- 04 Select the "Sous-vide" function at Miele Steam Oven and sous-vide the pork belly in the bag at 75°C for 6 hours.
- 05 Heat up a wok and add oil. Sauté the chopped garlic first, then add in all the sauce ingredients other than the minced garlic and bring it to boil. Add minced garlic at last and stir well.
- 06 Take out the pork belly when done. Slice it thinly and pour the sauce on top.
- 07 Ready to serve.

### INGREDIENTS

Pork Belly ..... 500 g

#### Marinade

Garlic Cloves ..... 2 pcs  
 Ginger (Sliced) ..... 4 slices  
 Rock Sugar ..... 50 g  
 Water ..... 400 ml  
 Mei Kuei Lu ..... 2 tbsp  
 Salt ..... 2 tbsp  
 Star Anise ..... 3 cloves  
 Sichuan Peppercorn ..... 8-10 pcs  
 Red Chili ..... 1/3 pc

#### Sauce

Garlic (Chopped) ..... 2 petals  
 Light Soy Sauce ..... 4 tbsp  
 Dark Soy Sauce ..... 1 tbsp  
 Water ..... 50 ml  
 Dried Chili Flakes ..... 1 tsp  
 Sugar ..... 2 tsp  
 Zhenjiang Vinegar ..... 3 tbsp  
 Sichuan Peppercorn Oil ..... 2 tbsp  
 Garlic (Minced) ..... 2 tbsp  
 Oil ..... 10 ml

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#### Tips

- Putting the steamed pork belly in the fridge for 2-3 hours would help slicing it easily.
- With Miele Steam Oven, the steaming temperature can be precisely controlled for a long time, creating perfect results for sous-vide dishes.

⌚ 6.25 h

👤 4 persons

## 蒜泥白肉

## 做法

- 01 將五花腩清洗乾淨，放於 Miele 多孔蒸氣烹調容器上，然後放入 Miele 蒸爐以攝氏100度蒸9分鐘汆水，備用。
- 02 完成後取出五花腩，用火槍在表面輕炙，然後用刀在表皮輕刮去毛。
- 03 將醃料材料混合，與五花腩一同放進真空袋內，用 Miele 真空處理櫃以第三級吸力和第二級熱力密封並抽空真空袋。
- 04 把真空袋放進 Miele 蒸爐內，用「Sous Vide」功能以攝氏75度低溫慢煮6小時。
- 05 燒熱鑊後加油，放入蒜頭碎炒香，再加入蒜蓉以外的醬汁材料煮至沸騰，最後加入蒜蓉拌勻。
- 06 從蒸爐中取出五花腩，切薄片並淋上醬汁。
- 07 完成後即可享用。

## 材料

五花腩 ..... 500克

## 醃料

蒜頭 ..... 2粒  
 薑 (切片) ..... 4片  
 冰糖 ..... 50克  
 水 ..... 400毫升  
 玫瑰露 ..... 2湯匙  
 鹽 ..... 2湯匙  
 八角 ..... 3瓣  
 川椒 ..... 8-10粒  
 紅尖椒 ..... 1/3 隻

## 醬汁

蒜頭 (切碎) ..... 2瓣  
 生抽 ..... 4湯匙  
 老抽 ..... 1湯匙  
 水 ..... 50毫升  
 辣椒乾碎 ..... 1茶匙  
 糖 ..... 2茶匙  
 鎮江醋 ..... 3湯匙  
 川椒油 ..... 2湯匙  
 蒜蓉 ..... 2湯匙  
 油 ..... 10毫升

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貼士

- 將蒸好的五花腩放入雪櫃冷藏2-3小時，會更容易切薄片。
- 利用 Miele 蒸爐可以長時間穩定控制溫度，讓食物效果更完美。



6.25 小時



4 人份