

SOUS-VIDE JAPANESE CHASHU PORK

METHOD

- 01 To make the Japanese style marinade, pour soy sauce, miso and water into a pot, then add sugar, bay leaf, garlic, radish and carrot. Heat over medium heat and bring to a boil, set aside.
- 02 Mix miso, soy sauce, sugar and white pepper powder in a big bowl, set aside.
- 03 Marinate the pork belly with miso mixture. Face pork belly skin downward, roll it to a log, then wrap tightly with kitchen twine. Put aside to let it marinate for 3 hours.
- 04 Heat up the pan, add oil and sear each side of the pork belly over medium heat until golden.
- 05 Put pork belly and Japanese style marinade in a vacuum sealing bag. Vacuum seal in the Miele vacuum sealing drawer with level 3 vacuum and level 2 sealing setting.
- 06 Place the vacuum sealing bag in Miele steam oven, steam at 75°C for 6 hours.
- 07 Take out the vacuum sealing bag and chill in the fridge for 1 night.
- 08 Take out the pork belly from the fridge. Thinly slice the pork belly, then serve it with Japanese style marinade or lightly roast with torches.

INGREDIENTS

Pork Belly	500 g
Miso	1 tbsp
Kikkoman Soy Sauce	2 tbsp
Sugar	1 tbsp
White Pepper Powder ...	1/2 tsp

Japanese Style Marinade

Kikkoman Soy Sauce	200 ml
Mirin	50 ml
Water	200 ml
Sugar	2 tbsp
Bay Leaf	2-3 pcs
Garlic	2-3 pcs (Chopped)
Radish	1/2 pcs (Cut Diagonally)
Carrot	1/2 pcs (Cut Diagonally)

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TIPS

- Pork belly can be replaced with pork shoulder.
- With the Miele vacuum sealing drawing and Miele steam oven, the miso mixture is thoroughly absorbed by the pork belly. It is then cooked evening in a constant temperature without fluctuations, resulting in a more flavourful Japanese Chashu Pork.



6 h



4~5 persons

真空慢煮 日式叉燒

做法

- 01 製作日式湯汁。將萬字醬油，味噌及清水倒入大鍋中，加入糖、香葉、蒜粒、已切角的青蘿蔔及紅蘿蔔，然後以中火煮滾備用。
- 02 將味噌、萬字醬油、糖及白胡椒粉置大碗內，然後拌勻。備用。
- 03 將豬腩肉塗滿味噌醃料。將豬腩肉的皮向下，並卷成圓柱狀，然後用食用繩綁緊。將已綁好的豬腩肉置旁醃製3小時。
- 04 燒熱鑊後加油，用中火將豬腩肉四面煎香至焦糖色。
- 05 將豬腩肉及日式湯汁倒入真空袋中，以Miele真空處理櫃以第3級吸力及第2級熱力密封並抽空真空袋。
- 06 將真空袋放入Miele蒸爐內，以攝氏75度蒸6小時。
- 07 從蒸爐取出原個真空袋，並置冰箱內冷藏1晚。
- 08 從冰箱內取出真空袋，並取出豬腩肉，將豬腩肉切薄片後即可配日式湯汁食用或用火槍輕炙叉燒後食用。

材料

豬腩肉	500克
味噌	1湯匙
萬字醬油	2湯匙
糖	1湯匙
白胡椒粉	1/2茶匙

日式湯汁

萬字醬油	200毫升
味醂	50毫升
清水	200毫升
糖	2湯匙
香葉	2-3片
蒜頭	2-3粒 (切粒)
青蘿蔔	1/2個 (切角)
紅蘿蔔	1/2個 (切角)

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貼士

- 除了豬腩肉亦可選擇梅頭肉作為叉燒之用。
- 利用Miele真空處理櫃配合蒸爐，讓日式湯汁全面滲透入豬腩肉內。豬腩肉在蒸氣烹調下熟得平均之餘，更快入味。



6 小時



4~5 人份