

STEAM-BAKED CRISPY PORK BELLY WITH DARK BEER

METHOD

- 01 Prepare the brine water. In a pot, add bay leaf, rosemary, thyme, clove, salt and water. Bring to boil. Set aside to cool.
- 02 Place the pork belly on a pan with skin facing down. Add water until it covers the skin, then bring to boil. After the skin turns soft, take out the pork belly and drain the water. Use meat tenderizer to poke holes on the skin to help bring crispiness.
- 03 Place the pork belly with the skin side up. Brine it for 1 hour covering only the meat but not the skin.
- 04 Drain the brine water out. Then marinate the pork belly with dark beer for at least 2 hours.
- 05 Afterwards, dehydrate the skin in the fridge or use a fan for at least 2 hours.
- 06 Heat up a pan with oil and sear the pork belly skin after dehydration.
- 07 Preheat the Miele Steam Combination Oven to 225°C "Combination Mode + Conventional Heat" function and moisture set at 55%.
- 08 Bake the pork belly in the preheated Miele Steam Combination Oven for 35 minutes.
- 09 Then change the setting to "Combination mode + Full grill" function at level 3 with moisture set at 55% and bake for another 5 minutes.
- 10 Ready to serve when done.

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INGREDIENTS

Oil	60 ml
Pork Belly	600 g
Dark Beer	500 ml
Water (For Cooking Skin)	300 ml

Brine water

Bay Leaves	4 pcs
Rosemary	1 Bunch
Thyme	1 Bunch
Cloves	8 pcs
Salt	360 g
Water	2 L



Tips

- Dehydrate the pork belly skin in a fridge or with a fan to help bring crispness.
- Searing the pork belly skin could enhance the flavour while removing extra grease.
- Combination mode allows steaming and baking at the same time, where the heat can penetrate evenly to every part of the pork belly in a moisturized cavity, resulting in a juicy texture.

6 h

3~4 persons

蒸焗黑啤豬腩肉

做法

- 01 準備鹽水。將香葉、迷迭香、百里香、丁香、鹽及水放入煲中煮滾，放涼備用。
- 02 將豬腩肉表皮向下放在平底鑊，加水至蓋過豬皮，開火加熱煮滾，將表皮煮至軟身。然後將豬腩肉撈起瀝乾，再用鬆肉針為表皮插小孔，以讓表皮更鬆脆。
- 03 豬腩肉以鹽水醃1小時，保持表皮向上，而鹽水只蓋過肉但不蓋過表皮。
- 04 完成後瀝乾鹽水，加入黑啤醃豬腩肉最少2小時。
- 05 取出醃好的豬腩肉，並放入雪櫃或以風扇風乾表皮最少2小時。
- 06 風乾完成後，燒熱鑊並加入油，將表皮煎香。
- 07 選用「組合模式 + 一般加熱」功能預熱Miele蒸焗爐至攝氏225度，濕度設定為55%。
- 08 將豬腩肉放焗盤上，放入已預熱的蒸焗爐焗35分鐘。
- 09 之後選用「組合模式 + 完全燒烤」功能至等級3，濕度設為55%。再焗5分鐘。
- 10 完成後，即可享用。

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材料

油	60毫升
豬腩肉	600克
黑啤	500毫升
水（煮表皮用）	300毫升

鹽水

香葉	4片
迷迭香	1扎
百里香	1扎
丁香	8粒
鹽	360克
水	2升



貼士

- 利用雪櫃或用風扇風乾表皮至乾身，有助表皮鬆脆。
- 煎香表皮，可增加香味，並帶走多餘油脂。
- 利用Miele蒸焗爐的組合模式，即以「蒸焗同步」烹調，烤焗過程全時間注入濕氣，有助熱力均勻傳送，鎖住肉汁，溫度亦更快傳豬腩肉中心，效果鮮嫩多汁。



6 小時



3~4 人份