


Stew pork belly with young jackfruit

Cuisine: South-East Asian

Food category: Pork



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Program steps

Preheating: 190 °C

1

 Combination

 50 %

 Termination by time

 00:30 hh:mm

 190 °C

 100 %



Ingredients - number of portions - 10		
Name	Value	Unit
Pork belly	1	kg
Young jack fruit	800	g
Minced shallots	50	g
Minced Garlic	30	g
fish sauce	100	ml
Brown Sugar	30	g
Slice chilli	10	g
Black Pepper	5	g
Oil	30	ml
Spring onions	20	g

Directions

Wash pork belly, drain, cut into chunk, marinated with black pepper, fish sauce, brown sugar, oil and leave for 15 minutes.

Wash young jack fruit, cut four quarters and steam 8 minutes.

Marinate pork with shallots, garlic and sear it until fragrant, add young jack fruit and water, braised until cook.

Once cooked garnish with spring onions and slice chilli.

Recommended accessories



Vision Pan