

Pork Belly Sous Vide with Onion Cake and Swede Mash

Cuisine: **German**
Food category: **Pork**





Author: [Retigo Team Deutschland](#)
Company: [RETIGO Deutschland GmbH](#)

Program steps							
1	 Combination	 70 %	 Termination by time	 12:00 hh:mm	 69 °C	 50 %	
2	 Hot air	 0 %	 Termination by time	 00:15 hh:mm	 180 °C	 80 %	
3	 Hot air	 100 %	 Termination by time	 00:40 hh:mm	 180 °C	 80 %	
4	 Combination	 70 %	 Termination by time	 01:30 hh:mm	 85 °C	 60 %	
5	 Hot air	 0 %	 Termination by time	 00:05 hh:mm	 230 °C	 100 %	
6	 Combination	 30 %	 Termination by time	 00:04 hh:mm	 130 °C	 80 %	

Ingredients - number of portions - 10		
Name	Value	Unit

Pork belly sous vide		
Name	Value	Unit
Pork belly without bones	2.5	kg
Salt	10	g
freshly ground black pepper, ground	5	g

Onion tart		
Name	Value	Unit
ready-made shortcrust pastry	1	kg
diced onion	1	kg
streaky bacon, diced	500	g
Spring onions, thinly sliced	200	g
Butter	100	g
chicken eggs	3	pcs
sour cream	250	ml
ground caraway	10	g

Directions

Preparation:

Remove any bones, cartilages, and tough tendons from the pork belly and season the meat side. Place the belly in a large sous vide bag and vacuum seal it tightly.

Cook the pork belly at 69°C in the combi steam oven with 70% humidity and 50% circulating air for 12 hours. Afterwards, chill quickly until further use.

For the onion cake, sauté the onions and bacon robustly in butter until soft. Season with salt, pepper, and caraway seeds, and cool immediately.

Roll out the prepared shortcrust pastry and line a greased, enameled GN 1/1 40mm baking tray with it. Place baking paper on the pastry and add dried beans on top of the paper. Now blind bake the pastry for 15-20 minutes at 180°C.

Mix the onion mixture with the eggs and cream, fold in the spring onions, and season everything again robustly. Now pour the mixture onto the pre-baked pastry and bake in the

Name	Value	Unit
Salt	10	g
freshly ground black pepper, ground	5	g

mashed turnips

Name	Value	Unit
turnips	1	kg
Sweet potatoes	1	kg
Butter	200	g
double cream	100	ml
Salt	10	g
freshly ground black pepper, ground	5	g
ground nutmeg	5	g

Nutrition and allergens

Allergens: 3, Milk
 Minerals: Ca, Calcium, Co, Cr, Cu, F, Fe, I, Iron, K, Magnesium, Manganese, Mg, Mn, Na, P, Phosphorus, Potassium, Se, Sodium, Sodium: 38758 mg, Zinc, Zn
 Vitamins: A, B, B-vitamins (Thiamine, B6, C, D, E, Folate, Folate), K, Kyselina listová, Niacin, Riboflavin, Vitamin A, Vitamin B6, Vitamin C

Nutritional value of one portion	Value
Energy	3020.3 kJ
Carbohydrate	76.6 g
Fat	201.9 g
Protein	49.5 g
Water	387.6 g

combi steamer at 180°C with 80% circulating air for about 40 minutes. Chill quickly afterwards.

Peel the swedes and sweet potatoes and cut them into 1x1 cm cubes. Place them in a sous vide bag with the butter and spices and vacuum seal tightly. Cook in the combi steam oven at 85°C with 70% humidity and 60% circulating air for 1.5 hours. Mash the soft vegetables in the bag, transfer to a bowl, and stir in the cream, leaving some texture. Chill quickly afterwards.

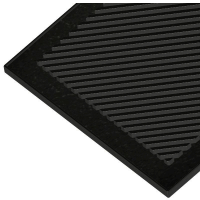
Finalization:

Cut the cold belly into approximately 2 cm thick slices and grill them at 230°C in the combi steamer on an AMT grill plate for 4-5 minutes.

Place 2 tablespoons of mash in a deep plate, arrange a piece of onion cake on top, and garnish with a little green, blanched vegetable. Regenerate the plate in the combi steam oven at 130°C with 30% humidity and 80% circulating air for 4 minutes.

Place the grilled pork belly on the mash and nap with a good gravy. Garnish with steamed savoy cabbage strips.

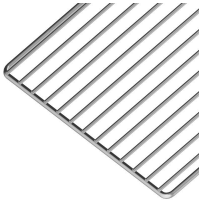
Recommended accessories



Vision Grill Diagonal



Enameled GN container



Stainless wire shelving