

Roast pork belly bao buns

By Miele

45 minutes

Preparation time

3 hours and 30 minutes

Cooking time

6-8 servings

Serves



INGREDIENTS

Roast pork belly

1 boneless pork belly with skin (approximately 1.5 kg), skin scored
2 tbsp salt flakes

Spiced honey glaze

360 g (1 cup) honey
2 tbsp kecap manis
2 tbsp soy sauce
1 tsp grated ginger
1 tsp five spice powder
1 long red chilli, seeded and sliced, or to taste
1 long green chilli, seeded and sliced, or to taste

Dressing

2 tbsp hoisin sauce
80 ml (? cup) light olive oil
2 tbsp white vinegar
1 tbsp lime juice
1 tbsp sesame oil
Bao buns, to serve

Asian slaw

200 g wombok cabbage, finely sliced
200 g red cabbage, finely sliced
1 red capsicum, seeded and julienned
80 g snow peas, julienned
70 g crunchy fried noodles
80 g unsalted roasted peanuts
50 g snow pea shoots
½ cup mint leaves
½ cup coriander leaves
2 tsp black sesame seeds
Sliced fresh red chillies – to taste

METHOD

Roast pork belly

1. For best results, remove all packaging from the pork and pat dry with paper towel. Place into the fridge uncovered for 12-24 hours. This helps to dry the skin out resulting in a better crackling. Wipe off any moisture.
2. Sprinkle pork generously with salt. Place on a grilling and roasting insert in a universal tray.
3. Place the pork in the combi steam Pro oven on shelf level 3 and select User Programmes:

Stage 1: Select Combi mode: Fan Plus at 130°C + 60% moisture + 1 hour

Stage 2: Select Combi mode: Fan Plus at 130°C+ 0% moisture + 2 hours

Stage 3: Select Fan Grill at 190°C + 15 minutes. Save the programme as 'Pork belly' and start the programme.

4. Once pork is cooked, rest the pork for 10-15 minutes prior to slicing.

Spiced honey glaze

1. Place honey, kecap manis, soy sauce, ginger and five spice powder into a saucepan on low heat induction setting 3, for 10 minutes. Keep warm. Add chillis just before serving.

Dressing

1. Place all ingredients into a screw top jar and shake to combine.

Asian slaw

1. Toss together all salad ingredients and season to taste with the dressing. Sprinkle with sesame seeds and sliced fresh red chillis.

To serve

1. Place steam buns on a perforated steam tray lined with baking paper. Steam at 100°C for 5-10 minutes until heated through.
2. Cut pork belly into rectangles, and drizzle with warmed spiced honey glaze and top with Asian slaw.

Alternative appliance method

Oven with Moisture Plus

1. Select Moisture Plus with Fan Plus at 130°C with 3 bursts of steam. Add 1 burst of steam when it reaches 130°C. Add another burst of steam after 30 minutes. Add the last burst of steam after another 30 minutes. Continue to cook for a further 1 ½ – 2 hours.
2. Change the oven function to Fan Grill at 190°C and grill for 20 minutes or until crackling has blistered.
3. When finished cooking, remove pork belly from the oven and rest for 10 minutes.

Hints and tips

- Automatic program for Pork Belly. Complete step 1 of this recipe then Select: Automatic programs> Meat> Pork> Pork with crackling and follow the prompts.
- The pork re-heats very well. Select: Fan Grill at 200°C for 15–20 minutes on shelf position 2.
- Bao or steam buns can be purchased from Asian grocers or supermarkets or made using this [recipe](#).