

# Moravian sparrow

Cuisine: Czech

Food category: Pork



Author: Vlastimil Jaša

Company: Retigo



## Program steps

Preheating: 205 °C

1	Hot air	100 %	Termination by time	00:10	hh:mm	190 °C	+ 100 %	
2	Podlej vodou	90 %	Termination by time	00:45	hh:mm	140 °C	+ 80 %	

## Ingredients - number of portions - 10

Name	Value	Unit
boneless pork loin	0.75	kg
boneless pork shoulder	0.75	kg
salt	0.04	kg
caraway seeds	0.01	kg
garlic	0.04	kg
onion	0.25	kg
tomato puree	0.03	kg

## Directions

Rinse and cut the boneless pork belly and shoulder into pieces, place in an enameled GN 60 mm high and salt, add pepper, cumin, mix with onion, garlic and tomato puree.

We select the Start button to preheat the combi oven and, after the sound signal, insert it into the chamber.

After completing the first step, the combi steamer warns "Water". Pour water or beer over the baked goods and close the door, the combi oven will automatically continue cooking.

## Nutrition and allergens

Allergens:

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	324.9 kJ
Carbohydrate	5.6 g
Fat	22 g
Protein	26.3 g
Water	0 g

## Recommended accessories



Enameled GN container