Moravian sparrow

Cuisine: **Czech**
Food category: **Pork**

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Program steps

Preheating: 205 °C

1	Hot air	100 %	Termination by time	00:10 hh:mm	190 °C	100 %		
2	Podlej vodou							
	Combination	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

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

Directions

Bone-in pork shoulder and neck are trimmed and cut into pieces, placed in an enameled GN high 60mm and salted, pepper is added, caraway seeds, mixed with onion, garlic and tomato puree.
We press the Start button to preheat the combi oven and after a sound signal, we insert it into the chamber.

After completing the first step, the combi oven will alert "Add water." So we add water or beer to the braising and close the doors, the combi oven will automatically continue cooking.

Recommended accessories

Enameled GN container