

Shredded beef shoulder in BBQ sauce

Cuisine: **Czech**Food category: **Beef**Author: **Vlastimil Jaša**Company: **Retigo**

Program steps

1	Combination	90 %	Termination by time	12:30 hh:mm	110 °C	40 %	
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Ingredients - number of portions - 10

Name	Value	Unit
bbq sauce	1	pcs
5 tbsp vegetable oil	30	g
onion	150	g
garlic	100	g
tomato puree	150	g
worcester	25	g
ground smoked paprika	24	g
she yawned	50	g
smoky salt	34	g
mixed peppercorns	24	g
thyme	2	g

Directions

We coat the meat with our own BBQ sauce, put it in a GN, cover it with a lid and put it in the combi oven. It is best to bake overnight, when the heat treatment time can be longer.

After the end of the program, tear the meat into fibers and put it back into the GN with the baked goods.

Nutrition and allergens

Allergens:

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

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

Nutritional value of one portion	Value
Energy	97.4 kJ
Carbohydrate	13.7 g
Fat	3.7 g
Protein	1.7 g
Water	0 g

Recommended accessories



GN container Stainless
steel full