

# Roasted boar flank

Cuisine: Czech

Food category: Game



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## Program steps

1	Steaming		Termination by time	00:30	hh:mm	99	°C	+ 50	%	✕	
2	Podlít pivem či vínem										
	Combination	50	%	Termination by core probe temperature	94	°C	155	°C	+ 80	%	✕
3	Dopékám na kůrku										
	Hot air	100	%	Termination by time	00:30	hh:mm	180	°C	+ 100	%	✕

## Ingredients - number of portions - 10

Name	Value	Unit
boar flank	2000	g
salt	25	g
garlic	45	g
onion	250	g
dark beer	500	g
water	700	g
plain wheat flour	30	g

## Directions

Salt the boar flank and let it sit in the fridge overnight, then put it in an enameled GN, add the rest of the ingredients and put it in a preheated combi oven, insert the temperature probe and pre-cook on steam.

After finishing the first step, pour beer or wine and water over the roast.

After the baking is finished, pour the pastry onto the frying pan and season.

## Nutrition and allergens

Allergens: 1

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	262.8 kJ
Carbohydrate	7.1 g
Fat	6.9 g
Protein	40.1 g
Water	0 g

## Recommended accessories



Enameled GN container