

Whole pork knee for a delayed start

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

Program steps

1 Combination

90 %

Termination by time

03:10 hh:mm

114 °C

40 %



Ingredients - number of portions - 1

Name	Value	Unit
pork knee	2.5	kg
ground red pepper	0.01	kg
ground hot pepper	0.01	kg
dried garlic	0.01	kg
dried onion	0.01	kg
dried ginger	0	kg
freshly ground black pepper, ground	0	kg
caraway seeds	0.01	kg
marjoram	0.01	kg

Nutrition and allergens

Allergens:

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

Vitamins: A, B, B6, C, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	7786.7 kJ
Carbohydrate	30.7 g
Fat	655 g
Protein	434 g
Water	0 g

Recommended accessories



Stainless wire shelving

Directions

1. Steam the pork knees for 15 minutes and coat them in a mixture of spices - sweet and hot ground paprika, dried garlic and onion, dried ginger, crushed cumin, salt, crushed black pepper.
2. Put the knees seasoned in this way into the combi oven on the stainless steel grates and put a full GN on the last drawer to catch the juices and fats.
3. We set the above program and select "Start". To select "Delayed start", we do not press Start immediately, but first select the menu at the very top right, where we set the date and time of the delayed start and click "Save". Then we return to the main menu of the touch screen with the back button and it will start at the set date and time.