

# Whole pork knee for 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

## Directions

1. We blanch the pork knees in steam for 15 minutes and coat them in a mixture of spices - sweet and hot ground paprika, dried garlic and onion, dried ginger, crushed caraway, salt, crushed black pepper.
2. The seasoned knees are arranged in the combi oven on stainless steel racks and we place a full GN pan at the bottom to catch the drippings and fats.
3. We set the mentioned program and select "Start". For selecting "Delayed start," do not press Start immediately, but first select the menu at the very top right, where we set the date and time for the delayed start and press "Save". Then we return with the button back to the main menu of the touchscreen and at the set date and time, it will start.

## Recommended accessories



Stainless wire shelving