

# Whole pork knee for a delayed start

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





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## 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. 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.

## Recommended accessories



Stainless wire shelving