

Pork hock

Cuisine: **Czech**

Food category: **Pork**



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Company: **Retigo**



Program steps

1 Combination 90 % Termination by time 03:30 hh:mm 115 °C 70 %

Ingredients - number of portions - 1

Name	Value	Unit
pork knee	3000	g
onion	150	g
garlic	50	g
wild spices	3	g
salt	7	g
root vegetables	350	g

Directions

We marinate the hock in a salty brine, pour hot water over it, add spices and seasoned vegetables with onion and garlic.

We place it in the combi oven on the specified program.

Nutrition and allergens

Allergens:

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	9348.4 kJ
Carbohydrate	53.9 g
Fat	781.5 g
Protein	518.4 g
Water	0 g

Recommended accessories



GN container Stainless steel full