

Ovar's knee

Cuisine: Czech

Food category: Pork



Author: Vlastimil Jaša

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

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

Directions

Pour hot water over the pickled knee in salt osmosis, add spices and root vegetables with onion and garlic.

We put it in the convection oven on the above program.

Recommended accessories

