

Pork soup

Cuisine: **Japanese**
Food category: **Pork**




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Company: **Retigo**





Program steps


Preheating: 95 °C


1


 Steaming

 Termination by time

 00:30 hh:mm

 80 °C

 70 %



Ingredients - number of portions - 8		
Name	Value	Unit
pork neck	600	g
5 tbsp vegetable oil	30	ml
carrot	2	pcs
cabbage leaves, cleaned	2	pcs
potatoes	400	g
daikon	200	g
taro cake, diced	100	g
burdock	200	g
shiitake mushrooms	200	g
dashi stock	2.5	l
miso paste	50	g

Directions

- Place the burdock in a pot of cold water. Boil for 5 minutes and drain.
- Sauté the pork in oil for 4–5 minutes and add the diced carrot, onion, potatoes, daikon, burdock and mushrooms. Set aside and cool down while still crunchy.
- Set the oven on steam at 80°C.
- Seal the pork and vegetables with the taro cake and dashi stock in sous vide bags and cook for 20–30 minutes.
- Stir in the miso paste, garnish with raw spring onions and serve.

Nutrition and allergens	
Allergens: Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn Vitamins: A, B, C, D, E, K, Kyselina listová	
Nutritional value of one portion	Value
Energy	307.6 kJ
Carbohydrate	21.8 g
Fat	13.1 g
Protein	25.7 g
Water	0 g

Recommended accessories



Stainless wire shelving