

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

1. Place the burdock in a pot of cold water. Boil for 5 minutes and drain.
2. 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.
3. Set the oven on steam at 80°C.
4. Seal the pork and vegetables with the taro cake and dashi stock in sous vide bags and cook for 20–30 minutes.
5. 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