

# Green jackfruit curry

Cuisine: South-East Asian

Food category: Pork



Author: Jaroslav Mikoška

Company: Retigo



## Program steps

Preheating: 105 °C

1 Combination 50 % Termination by time 00:15 hh:mm 90 °C 100 %

## Ingredients - number of portions - 8

Name	Value	Unit
green jackfruit	600	g
pork ribs	300	g
cherry tomatoes	10	g
basil	10	g
cha om (acacia pennata)	50	g
chili powder	5	pcs
garlic cloves, finely chopped	5	pcs
shallot	5	pcs

## Directions

- In a food processor, finely blend the chili, garlic, shallots and shrimp paste and season to taste.  
\*gloves garlic, peeled, halved and stem removed.
- Combine paste with 500ml water over medium heat and reduce.
- Set the oven on combi at 90°C.
- Add pork ribs, cook for 5 minutes and transfer into an ovenproof container.
- Cook in the oven for 15 minutes.
- Add jackfruit and cook until tender.
- Remove from oven and combine tomatoes, acacia and basil.

## Nutrition and allergens

Allergens:

Minerals: Ca, K, Mn, Na, P, Zn

Vitamins: A, B, C

Nutritional value of one portion	Value
Energy	198.1 kJ
Carbohydrate	18.4 g
Fat	11.8 g
Protein	6.6 g
Water	0 g

## Recommended accessories



Enameled GN container