

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

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

Directions

1. In a food processor, finely blend the chili, garlic, shallots and shrimp paste and season to taste.
*gloves garlic, peeled, halved and stem removed.

2. Combine paste with 500ml water over medium heat and reduce.

3. Set the oven on combi at 90°C.


4. Add pork ribs, cook for 5 minutes and transfer into an ovenproof container.

5. Cook in the oven for 15 minutes.

6. Add jackfruit and cook until tender.

7. Remove from oven and combine tomatoes, acacia and basil.

Recommended accessories



Enameled GN container