

# Pig's ears salad

Cuisine: South-East Asian

Food category: Pork



Author: Jaroslav Mikoška

Company: Retigo



## Program steps

1 Combination 80 % Termination by time 03:00 hh:mm 90 °C 100 %

## Ingredients - number of portions - 8

Name	Value	Unit
pig's ears	1	kg
water	4	l
white wine vinegar	100	ml
ginger root, peeled and finely chopped	50	g
caster sugar	20	g
garlic cloves, finely chopped	4	pcs
chili pepper	1	pcs
lime juice	2	pcs
fish sauce	15	ml
lemon grass	10	g
caster sugar	5	g
Coriander leaves, finely chopped	10	g
mint	5	g
shallot	2	pcs
rice	400	g

## Directions

1. Set the oven on combi at 90°C.
2. In an ovenproof dish, combine the ears, water, soy, vinegar, ginger, sugar, garlic and chili and bake for 3 hours.
3. Drain the liquid and allow the ears to cool.
4. For the salad, whisk the lime juice together with the fish sauce, lemongrass-trimmed and minced, sugar, chilies and garlic until the sugar has dissolved.
5. Add in the pig's ears- razor-shaved and diced, coriander, finely chopped mint leaves and shallots.
6. Serve with rice.

## Nutrition and allergens

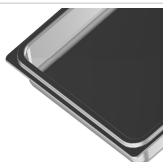
Allergens:

Minerals: Ca, Cu, Fe, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	484 kJ
Carbohydrate	44.5 g
Fat	19 g
Protein	31.7 g
Water	0 g

## Recommended accessories



GN container Stainless steel full