

Marinated Pork ribs (sous-vide)

Cuisine: Czech

Food category: Pork



Author: Vlastimil Jaša

Company: Retigo



Program steps

1 Steaming Termination by time 10:30 hh:mm 78 °C + 50 %

Ingredients - number of portions - 10

Name	Value	Unit
pork ribs	5000	g
tomatoe sauce	400	g
orange juice	400	g
copper	200	g
tabasco	2	g
dried garlic	24	g
dried ginger	24	g
salt	12	g
instant coffee	100	g
sesame	25	g
freshly ground black pepper, ground	1	g

Nutrition and allergens

Allergens: 11

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

Vitamins: A, B, B6, C, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	1862.2 kJ
Carbohydrate	35.8 g
Fat	158.2 g
Protein	78.5 g
Water	0 g

Directions

Rinse the pork ribs or cut them into smaller pieces (approx. 500 g portion). Place in a vacuum bag for sous-vide cooking.

Mix the remaining ingredients (except sesame) and cover the ribs with the mixture. We vacuum the bag. We cook according to the program above. Ribs cooked in this way can be cooled and stored for 5 days or baked straight away.

Cut the bag open and transfer everything to a baking sheet, sprinkle with sesame seeds and bake for another 10 minutes at 210°C.

Recommended accessories



Enameled GN container



Stainless wire shelving