

Marinated Pork ribs (sous-vide)

Cuisine: **Czech**
Food category: **Pork**




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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 |

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.

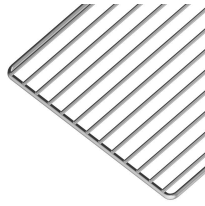
Cut the bag open and transfer everything to a baking sheet, sprinkle with sesame seeds and bake for another 10 minutes at 210°C.

| 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 |

Recommended accessories



Enameled GN
container



Stainless wire shelving