

Pulled pork burgers

Cuisine: German

Food category: Pork



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Program steps

Preheating: 200 °C

1	Fleisch anbraten	Hot air	100 %	Termination by time	00:10	hh:mm	200 °C	+ 100 %	✕
2	Fleisch über Nacht garen	Combination	30 %	Termination by time	12:00	hh:mm	75 °C	+ 50 %	✕
3	Vorteig	Combination	50 %	Termination by time	00:30	hh:mm	35 °C	+ 50 %	✕
4	Hauptteig gehen lassen	Combination	50 %	Termination by time	00:30	hh:mm	35 °C	+ 50 %	✕
5	Hauptteig backen	Hot air	100 %	Termination by time	00:30	hh:mm	200 °C	+ 100 %	✕
6	Die halbierten Burgerbuns antoasten	Hot air	100 %	Termination by time	00:03	hh:mm	200 °C	+ 100 %	✕

Ingredients - number of portions - 5

Name	Value	Unit
pork neck	1	kg
sea-salt	1	pcs
brown sugar	1	pcs
ground smoked paprika	1	pcs
mustard powder	1	pcs
freshly ground black pepper, ground	0.5	pcs
garlic powder	0.5	pcs
onion powder	0.5	pcs
onion powder	0.5	pcs
cayenne pepper	0.25	pcs
caraway seeds	0.25	pcs

Name	Value	Unit
plain wheat flour	500	g
Butter	200	g
salt	10	g
egg yolk	10	pcs

Directions

Meat: Put all the spices in a bowl and rub the meat with them. Then place the meat in a 100 mm AMT roasting pan and put it in the combi steamer preheated to 200°C on hot air for 10 minutes. In the second step, cook the meat overnight at 75°C and 30% combination steam for 12 hours. When the meat is tender, you can tear it apart with two forks. **Pre-dough:** Dissolve the yeast in the lukewarm milk and mix with the remaining ingredients and cover with a damp cloth. Let the pre-dough rise in the combi steamer for about 30 minutes at 35 degrees and half the fan speed.

Main dough: Mix all the ingredients of the main dough and add them to the pre-dough. Leave the dough covered again in the combi steamer for 30 minutes at 35 and half fan speed. Form balls (approx. 80g) out of the dough on a floured work surface and place on a flat AMT baking plate. Cover the balls again with a damp cloth and let them rise again in the combi steamer for 30 minutes at 35°C and half fan speed. Brush the buns with egg yolk and bake in a preheated combi steamer at 200°C for about 30 minutes until golden.

Finishing the Burger:

Preheat a fluted AMT baking plate in the combi steamer to 200°C hot air and lightly toast the halved burger buns on the cut surface.

Remove the buns from the oven and top with meat, cheddar and burger sauce as desired and place in the combi steamer for a minute until the cheese has melted.

Name	Value	Unit
fresh yeast	1	pcs
milk 3.5%	250	ml
plain wheat flour	250	g
brown sugar	60	g

Nutrition and allergens

Allergens: 1, 3, 7

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

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

Nutritional value of one portion	Value
Energy	2316.6 kJ
Carbohydrate	121.2 g
Fat	69 g
Protein	77.1 g
Water	0 g