

Pork cheeks

Cuisine: **Other**Food category: **Pork**Author: **Jaroslav Mikoška**Company: **Retigo**

Program steps

Preheating: **99 °C**

1	Steaming	Termination by time	00:30	hh:mm	99 °C	+ 80 %	
2	take out the potatoes and put cheeks in	Termination by time	01:30	hh:mm	140 °C	+ 100 %	

Ingredients - number of portions - 6

Name	Value	Unit
pork cheeks	1200	g
five spices	6	g
plain wheat flour	150	g
star anise	12	pcs
cinnamon stick	4	pcs
cayenne pepper	1	g
garlic cloves, finely chopped	12	pcs
soy dipping sauce	200	ml
honey	100	g
vegetable oil	100	ml
shallot	12	pcs
salt	3	g
beef stock	1500	ml

Nutrition and allergens

Allergens: 1

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

Vitamins: A, B, C, D, E, K

Nutritional value of one portion	Value
Energy	411.6 kJ
Carbohydrate	32.8 g
Fat	10.5 g
Protein	44.9 g
Water	0 g

Directions

Peel and wash the potatoes and cook them in the combi. Put the potatoes through a ricer into a pot and add butter and cream while you stir it. And now add wasabi powder or paste.

Preheat the combi oven to 150°C, and cut the shallots into wedges. Salt the cheeks and combine with the spices, dust with flour and quickly roast in a pan from each side.

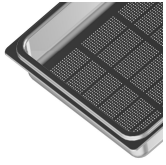
Transfer them into a GN container and add garlic, soy sauce, honey and stock.

Put in the combi oven.

When the meat is tender, strain and pass the sauce. "

Serve with wasabi mashed potato.

Recommended accessories



GN container Stainless
steel perforated



Enameled GN container