

# Pork cheeks

Cuisine: **Other**  
Food category: **Pork**



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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


 Combination


 90 %

 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
5 tbsp 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