


Slow Roasted American Pork Ribs

Cuisine: **Chinese**
Food category: **Pork**



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Program steps


Preheating:


115 °C


1


 Combination


 50 %

 Termination by time

 05:00 hh:mm

 100 °C

 90 %



Ingredients - number of portions - 10		
Name	Value	Unit
pork ribs	5	kg

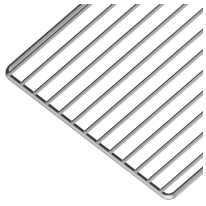
American Pork Ribs with Dried Spice Recipe		
Name	Value	Unit
fresh peppers	30	g
onion powder	30	g
garlic powder	30	g
freshly ground black pepper, ground	30	g
brown sugar	10	g
salt	20	g
ground caraway	30	g
dried thyme	30	g

Nutrition and allergens	
Allergens: Minerals: Mg, Zn Vitamins: A, B, B6, C, E, K	
Nutritional value of one portion	Value
Energy	1725 kJ
Carbohydrate	9.3 g
Fat	156.1 g
Protein	77.3 g
Water	0 g

Directions

- ◇ Pork ribs marinated with dried spices, all covered and spread evenly
- ◇ Refrigerate and marinate for at least 24 hours before use
- ◇ Evenly spread BBQ sauce on pork ribs before cooking
- ◇ Wrap baking paper and bake slowly at low temperature for a long time until it is tender and soft
- ◇ Ready-to-eat, can be cooled quickly, vacuum-packed and frozen for storage

Recommended accessories



Stainless wire shelving