

Asian pulled pork

Cuisine: **South-East Asian**

Food category: **Pork**




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Company: **Retigo**





Program steps


1


 Combination


 100 %

 Termination by time

 12:00 hh:mm

 85 °C

 70 %



| Ingredients - number of portions - 10 | | |
|---------------------------------------|-------|------|
| Name | Value | Unit |
| pork neck or other part in the whole | 2 | kg |
| kikkoman soy sauce | 400 | ml |
| mirin | 200 | ml |
| rice vinegar | 100 | ml |
| honey | 500 | g |
| crushed garlic | 6 | pcs |
| sliced fresh ginger | 100 | g |
| coarsely chopped shallot | 4 | pcs |

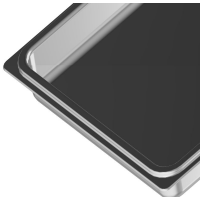
| Nutrition and allergens | |
|----------------------------------|-----------|
| Allergens: | |
| Minerals: Ca, K, Mn, Na, P, Zn | |
| Vitamins: A, B, C | |
| Nutritional value of one portion | Value |
| Energy | 1998.5 kJ |
| Carbohydrate | 45.6 g |
| Fat | 25.2 g |
| Protein | 48.2 g |
| Water | 0 g |

Directions

Cut the meat into 3 or 4 approximately equal parts and place in a deep GN. Add all the ingredients and mix well. We put it in the convection oven and set the program. I recommend covering the meat with a lid or aluminum foil. Let it simmer slowly overnight.

When done, carefully remove the meat and strain the sauce into a pot and reduce to get a stronger flavor. Shred the meat and then cover with the reduction. Best served with rice and chopped spring onion, fresh chili and coriander on top.

Recommended accessories



GN container Stainless steel full