

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

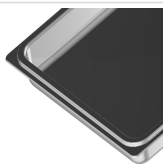
Vitamins: A, B, C

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