

Pork tenderloin sous-vide

Cuisine: **Czech**

Food category: **Pork**



Author: **Jan Malachovský**

Company: **Retigo**



Program steps

Preheating: **55 °C**

1 Combination 30 % Termination by time 02:30 hh:mm 56 °C 70 %

Ingredients - number of portions - 10

Name	Value	Unit
pork tenderloin	1600	g
olive oil	100	ml
thyme	0	pcs
salt	1	g
freshly ground black pepper, ground	1	g

Nutrition and allergens

Allergens:

Minerals: Ca, Fe, K, Mg

Vitamins: A, B6, C, D, E, K

Nutritional value of one portion	Value
Energy	208.3 kJ
Carbohydrate	0 g
Fat	8 g
Protein	32 g
Water	0 g

Directions

We clean and portion the meat. We place it in a vacuum bag, add the remaining ingredients, and vacuum seal it. We place the bag in a preheated combi oven and cook it on the program specified above. After cooking, we can shock chill the meat or grill it immediately (just 2 minutes on each side is enough).