

# Sous-vide pork tenderloin

Cuisine: Czech

Food category: Pork



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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

Clean the meat and cut it into portions. Place in a vacuum bag, add the rest of the ingredients and vacuum. Place the bag in the preheated convection oven and cook on the above program. After cooking, we can shock-cool the meat or grill it immediately (2 minutes on each side is enough).