Sous-vide pork tenderloin

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

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).

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