

Pork Ribs

Cuisine: **Other**

Food category: **Pork**



Author: **Chloé Lasseron**

Company: **Retigo**



Program steps

Preheating: **160 °C**

1	Combination	10 %	Termination by time	01:30 hh:mm	160 °C	100 %	
2	Hot air	100 %	Termination by core probe temperature	75 °C	160 °C	100 %	

Ingredients - number of portions - 8

Name	Value	Unit
Pork ribs with bone	2	kg
Hoisin sauce	55	g
honey	45	g
Sweet soy sauce	60	g
ginger paste	10	g
garlic cloves, finely chopped	3	pcs
Five spices powder	5	g
5 tbsp vegetable oil	30	g

Nutrition and allergens

Allergens: Soy, Wheat

Minerals: Cu, Mg, P

Vitamins: A, C, D, E, K

Nutritional value of one portion	Value
Energy	800.4 kJ
Carbohydrate	10.1 g
Fat	61.3 g
Protein	51.7 g
Water	144.7 g

Directions

Mix hoisin sauce, honey, soy sauce, ginger paste, minced garlic, and five-spice for the marinade.

Thoroughly brush the ribs and let marinate for 1 hour.

Place the ribs on GN trays and put in the oven, basting every 30 minutes with the cooking juices. Turn halfway through cooking.

Finish with dry heat by basting the ribs every 10 minutes with the cooking juices.