

Confit pork neck in lard overnight

Cuisine: Czech

Food category: Pork



Author: Vlastimil Jaša

Company: Retigo



Program steps

1	Combination	80 %	Termination by time	00:00	hh:mm	74 °C	+ 40 %	
---	-------------	------	---------------------	-------	-------	-------	--------	--

Ingredients - number of portions - 10

Name	Value	Unit
boneless neck	2	kg
garlic	0.1	kg
salt	0.03	kg
caraway seeds	0.01	kg
mixed peppercorns	0	kg
pork lard	2	kg

Nutrition and allergens

Allergens:

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, E

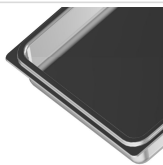
Nutritional value of one portion	Value
Energy	2344.3 kJ
Carbohydrate	2.6 g
Fat	232.2 g
Protein	61.1 g
Water	0 g

Directions

Cleaned and rinsed in water, we completely dry the neck, season it with salt, whole cumin, garlic and whole pepper and put it in a stainless steel GN 100 mm high and cover it with melted lard so that the meat is submerged.

Place in a combi oven and bake overnight.

Recommended accessories



GN container Stainless steel full