

Pork shoulder roasted on garlic

Cuisine: **Czech**
Food category: **Pork**

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Program steps

1

Combination

75 %

Termination by time

01:25 hh:mm

140 °C

80 %

2

Hot air

50 %

Termination by time

00:15 hh:mm

190 °C

90 %

Ingredients - number of portions - 10

Name	Value	Unit
boneless pork shoulder	1500	g
garlic	50	g
salt	35	g
water	700	ml

Directions

Rub the shoulder with crushed garlic, salt and place in a gastro container, cover with water. Simmer until soft, occasionally pour over the juice, do not cover the meat. Finally, we fry until golden with the second program.

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	207.5 kJ
Carbohydrate	2.8 g
Fat	7.5 g
Protein	31.8 g
Water	0 g

Recommended accessories

Enameled GN container