

Pork shoulder roasted on garlic

Cuisine: Czech

Food category: Pork

Author: Pavel Gaubmann

Company: Retigo



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