

Pork shoulder roasted with garlic

Cuisine: **Czech**

Food category: **Pork**

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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, season with salt, and place it in a gastronorm container, adding water. Simmer until tender, occasionally basting with the juices, do not cover the meat. Finally, using a second program, roast until golden.

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 | 2075 kJ |
| Carbohydrate | 2.8 g |
| Fat | 7.5 g |
| Protein | 31.8 g |
| Water | 0 g |

Recommended accessories



Enameled GN container