

# 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