

Braised pork ribs with pickle mustard

Cuisine: South-East Asian

Food category: Pork



Program steps

Preheating: 180 °C

1 Combination 50 % Termination by time 00:30 hh:mm 160 °C 100 %

Ingredients - number of portions - 10

Name	Value	Unit
Pork spare ribs	1.2	kg
Pickled mustard	400	g
Minced shallots	30	g
Minced Garlic	30	g
fish sauce	40	ml
Brown Sugar	20	g
Dark soy sauce	30	ml
Oil	30	ml
Red chilli slice	10	g

Nutrition and allergens

Allergens: Soy

Minerals: 660 mg, Calcium, Iron, Magnesium, Phosphorus, Potassium, Sodium, Sodium: 5, Zinc

Vitamins: Folate, Vitamin B6, Vitamin C

Nutritional value of one portion	Value
Energy	448.8 kJ
Carbohydrate	5.2 g
Fat	33.8 g
Protein	30.7 g
Water	115.2 g

Directions

Cut the ribs into bite size and marinade with all the seasoning. Leave for 20 minutes.

Cut pickle mustard into 3cm square pieces.

Sear the ribs until Brown add pickled mustard red chilli slice and water. Braised for 30 minutes.

Once cooked ready to serve.

Recommended accessories



Enameled GN
container