

Pork shoulder roasted with 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, 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	207.5 kJ
Carbohydrate	2.8 g
Fat	7.5 g
Protein	31.8 g
Water	0 g

Recommended accessories

Enameled GN container