

Kimchi nabe (Pork and vegetable hotpot)

Cuisine: **Japanese**
Food category: **Pork**





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Program steps

Preheating: 115 °C

1

 Combination

 50 %

 Termination by time

 00:30 hh:mm

 100 °C

 100 %



2

add the chives

 Combination

 50 %

 Termination by time

 00:20 hh:mm

 100 °C

 100 %



Ingredients - number of portions - 8		
Name	Value	Unit
kimchi	200	g
boneless pork loin	600	g
pak choi	2	pcs
chives	10	g
enoki mushrooms	200	g
tofu	200	g
moyashi bean sprouts	150	g
harusame noodles	200	g
garlic cloves, finely chopped	2	pcs
ginger root, peeled and finely chopped	3	g
sesame	20	g
sake	20	ml
miso paste	20	g
sesame oil	10	ml
chicken stock	1.5	l

Nutrition and allergens

Allergens: 11
Minerals: Ca, Cu, Fe, K, Mg, Mn, Na, P, Se, Zn
Vitamins: A, B, C, E, K, Kyselina listová

- Directions
1. Combine the kimchi with the garlic, ginger and a bit of sesame oil and rub onto the pork. Marinate for 1–2 hours.

2. Set the oven on combi at 100°C.

3. Brown the pork in a wok, deglaze with sake, stir in the miso paste and sesame seeds and transfer into an ovenproof dish combining the chicken stock, vegetables and tofu.

4. Cook in the oven for 30 minutes, add the chives, stir and cook for a further 15–20 minutes.

5. Meanwhile, soak the noodles in warm water for 15 minutes and add to the soup once finished and out of the oven.

Nutritional value of one portion	Value
Energy	385 kJ
Carbohydrate	26.7 g
Fat	22.6 g
Protein	17.5 g
Water	0 g

Recommended accessories



Enameled GN container