

Pork shoulder roasted on garlic

Cuisine: Czech

Food category: Pork

Author: Pavel Gaubmann

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

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

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.

Recommended accessories



Enameled GN container