

Ovar's knee

Cuisine: **Czech**
Food category: **Pork**



Author: **Vlastimil Jaša**

Company: **Retigo**



Program steps

1

 Combination

 90 %

 Termination by time

 03:30 hh:mm

 115 °C

 70 %



Ingredients - number of portions - 1		
Name	Value	Unit
pork knee	3000	g
onion	150	g
garlic	50	g
wild spices	3	g
salt	7	g
root vegetables	350	g

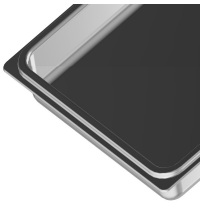
Directions

Pour hot water over the pickled knee in salt osmosis, add spices and root vegetables with onion and garlic.

We put it in the convection oven on the above 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, K, Kyselina listová	
Nutritional value of one portion	Value
Energy	9348.4 kJ
Carbohydrate	53.9 g
Fat	781.5 g
Protein	518.4 g
Water	0 g

Recommended accessories



GN container Stainless steel full