


Pork ribs in marinade (sous-vide)

Cuisine: Czech
Food category: Pork



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Company: Retigo



Program steps

1

 Steaming

 Termination by time

 10:30

hh:mm

 78

°C

 50

%



Ingredients - number of portions - 10

Name	Value	Unit
pork ribs	5000	g
ketchup	400	g
orange juice	400	g
copper	200	g
tabasco	2	g
dried garlic	24	g
dried ginger	24	g
salt	12	g
ground coffee	100	g
sesame	25	g
ground black pepper, ground	1	g

Directions

Rinse the pork ribs or cut them into smaller pieces (approx. 500 g portion). Place in a vacuum bag for sous-vide cooking.

Mix the remaining ingredients (except sesame) and cover the ribs with the mixture. We vacuum the bag. We cook according to the program above. Ribs cooked in this way can be cooled and stored for 5 days or baked straight away.


Cut the bag open and transfer everything to a baking sheet, sprinkle with sesame seeds and bake for another 10 minutes at 210°C.

Nutrition and allergens

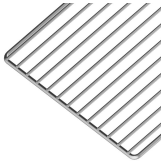
Allergens: 11
Minerals: Ca, Co, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn
Vitamins: A, B, B6, C, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	1865.8 kJ
Carbohydrate	36.6 g
Fat	158.2 g
Protein	78.5 g
Water	0 g

Recommended accessories



Enameled GN container



Stainless wire shelving