

Pork cheeks

Cuisine: **Other**
Food category: **Pork**



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Company: **Retigo**




Program steps

Preheating:

99 °C

1

 Steaming


Termination by time

00:30

hh:mm


99 °C

+ 80 %



2

take out the potatoes and put cheeks in

 Combination

90 %


Termination by time

01:30

hh:mm

140 °C

+ 100 %



Ingredients - number of portions - 6

Name	Value	Unit
pork cheeks	1200	g
five spices	6	g
plain wheat flour	150	g
star anise	12	pcs
cinnamon stick	4	pcs
cayenne pepper	1	g
cloves garlic, finely chopped	12	pcs
soy dipping sauce	200	ml
honey	100	g
vegetable oil	100	ml
shallot	12	pcs
salt	3	g
beef stock	1500	ml

Nutrition and allergens

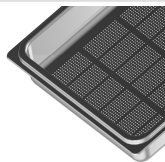
Allergens: 1
Minerals: Ca, Cu, K, Mg, Mn, Na, P, Zn
Vitamins: A, B, C, D, E, K

Nutritional value of one portion	Value
Energy	411.6 kJ
Carbohydrate	32.8 g
Fat	10.5 g
Protein	44.9 g
Water	0 g

Directions

Peel and wash the potatoes and cook them in the combi. Put the potatoes through a ricer into a pot and add butter and cream while you stir it. And now add wasabi powder or paste.
Preheat the combi oven to 150°C, and cut the shallots into wedges. Salt the cheeks and combine with the spices, dust with flour and quickly roast in a pan from each side.
Transfer them into a GN container and add garlic, soy sauce, honey and stock.
Put in the combi oven.
When the meat is tender, strain and pass the sauce. ..
Serve with wasabi mashed potato.

Recommended accessories



GN container Stainless
steel perforated



Enameled GN container