

BRAISED PORK

*with green beans
 and mashed potatoes*

Ingredients	Braised pork
700 g	Braised pork
300 ml	Meat stock
40 g	GELEAcold

Ingredients	Green beans with bacon
700 g	Green beans (frozen)
50 g	Sauteed bacon bits
250 ml	Vegetable stock
40 g	GELEAcold
	Savoury, salt, pepper

Ingredients	Mashed potatoes
500 g	Boiled potatoes (cold) or frozen diced potatoes
300 ml	Cold milk
200 g	Melted butter
40 g	GELEAcold
	Nutmeg, salt, pepper

Heating/serving:

Place the frozen food on a plate, cover and heat at 100°C in a steam oven for 12-15 minutes. Serve with a suitable sauce (e.g. gravy).

Nutrition facts for one serving (approx. 175 g)

Energy/Calories	1139 kJ/ 272 kcal
Fat	20.5 g
Of which saturates	3.9 g
Carbohydrates	12 g
Of which sugars	4.3 g
Fibre	4.5 g
Protein	8.3 g
Salt	0.5 g

Braised pork:

Blend the pork with the stock to a very fine puree for 5 minutes then add the GELEAcold and stir in for 20 seconds. For a more attractive appearance, sprinkle the silicone mould with a little ground paprika before filling. Pipe the mass into a "Meat Slice" silicone mould with a disposable piping bag, use a lid to spread it evenly in the mould then freeze.

Alternatively: Fill the meat mass into a lined loaf tin (or similar) then freeze. This method is particularly suitable when larger quantities are required. Heating time must be lengthened accordingly.

Green beans:

Blend the green beans, bacon bits and stock to a very fine puree for 5 minutes then add the GELEAcold and stir in for 20 seconds. Pipe the mass into a "Beans" silicone mould with a disposable piping bag, use a lid to spread it evenly in the mould then freeze.

Alternatively: Fill the mass into a piping bag with a round or star-shaped nozzle and pipe decorative shapes onto a lined GN baking tray then freeze.

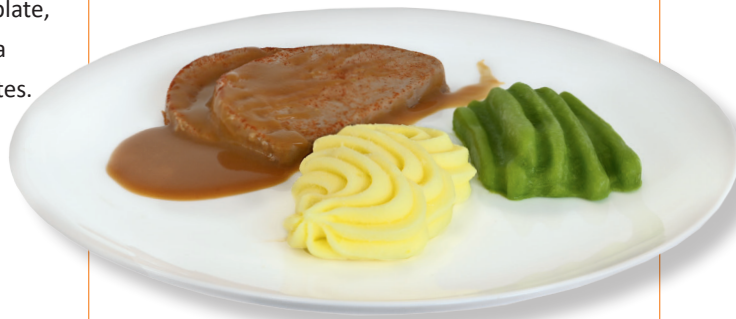
Mashed potatoes:

Blend the potatoes, milk, butter and seasonings to a very fine puree for 5 minutes then add the GELEAcold and stir in for 20 seconds. Use a piping bag to pipe decorative shapes onto a GN baking tray then freeze.

Alternatively: Use a spoon to shape the mass into dumplings, place on a GN baking tray then freeze.

Kitchen tips:

The finer the puree, the better the result! We recommend the Robot-Coupe Blixer and a pureeing time of 5 minutes. Cover and heat in the microwave for max. 5 minutes at medium heat (400W). Test heating behaviour beforehand!



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