



ROAST PORK RIBS



Tested on model:
CDT-110E



Weight before cooking:
6.540 g
Weight after cooking:
5.870 g



Servings:
20



Recommended tray:
4 nonstick t. GN 1/1
20 mm



Total time:
81'

PHASE									
1		0%	190°	16'	---	---	H	YES	C
2		90%	130°	60'	---	---	L	YES	C
3		0%	190°	5'	---	---	H	YES	O
4									
5									
6									

INGREDIENTS

Fresh pork ribs: 6.370 g
Fresh rosemary: 20 g
Fresh sage: 15 g
Garlic: 10 g
Olive oil: 100 g
Salt and pepper: 25 g

PREPARATION

Remove any excess fat from the ribs.

Finely chop sage with rosemary and garlic, mix with salt and pepper and sprinkle evenly on the ribs with olive oil. Massage to flavor the meat well and marinate for at least one night in the fridge.

Preheat the oven and cook following parameters.

Ribs can be served with vegetables au gratin, baked or fried potatoes.