



Cooked ham with asparagus

German guideline:
2.3.1.2

Recipe number:
REZ2016000645

Processing sequence:

Processing:

Inject 20% of the brine.

Then tumble the material as usual.

Add 30g asparagus flavoring Art. No. 553000 per kg of fresh meat to the tumbler. Dissolve the flavoring in 2% brine.

1h endurance run, 14h interval, 15 min work, 15 min break

Sprinkle the inside and outside with AVO asparagus tips Art. 786300 and wrap in cooking foil Art. 990531.

Or use the asparagus foil Art. No. 083614 and wrap and pull into the AVO ham net 3-fold reinforced Art. No. 093300 and clip tightly.

Or fill into molds. Important: Press the molds tightly closed.

Requirement according to german guideline:

Raw material:

100.00 kg Upper/lower shell
100.00 kg

Spices & processing aids:

20.00 kg	Cooked ham brine 20% AVO Gold Art. No. 658100	REZ201600055 3
3.00 kg	liq seasoning asparagus	553000

casing:

Tip:

The asparagus ham can also be wrapped on the outside with our Art. no. 083614 asparagus foil, or with asparagus tips Art. with asparagus tips Art. No. 786300.

Shrink bags 400x600 mm Art. 990550

Shrink bags 250x400 mm Art. 990551

Cooking:

1. bake the product at +80°C oven temperature 30% humidity to a core temperature of 72°C.

2. or cook at a chamber temperature of 78°C to a core core temperature of 70°C.

3. another variant is step cooking

1h at 50°C, 1h at 60°C and then cook at 78°C to a core temperature of 70°C.

core temperature of 70°C. Ideal for molds.

Ingredients:

pork meat, water, salt, water, glucose syrup, stabilizer: (E 420 sorbitols, E 450 diphosphate), asparagus flavouring, antioxidant: E 301 sodium ascorbate, preservative: E 250 sodium nitrite, flavourings

Nutrition declaration:

Calorific value kJ	539KJ
sugar	1,2g
Calorific value kcal	128Kcal
polyols	0,4g
fat	4,8g
protein	19,1g
saturates	1,9g
sodium	1,1g
carbohydrate	2,1g
salt	2,8g

This application formulation is a manufacturing recommendation based on practical experience and currently applicable food regulations within Germany and the EU. AVO accepts no liability for the practical implementation of the formulation by the user. The manufacturer or distributor is also obliged to ensure compliance with the legal requirements of the respective country of destination for the product.



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