

Braised Pork Shoulder with roastet Sweet Potatoes sous vide

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Ingredients

Ingredients for 8 guests

Pork Shoulder (sous vide):

1 piece (1,5kg aprox) Pork Shoulder, boneless
400 ml Barbecue sauce
400 ml Bourbon
Salt and Black pepper

Crispy Sweet Potatoes (sous vide):

1,6 kg Sweet Potatoes, brushed and washed
100 ml Sunflower seed oil
8 Garlic cloves, peeled
2 Tbsp. Fresh Rosemary
2 Tsp. Salt

Fennel Confit (sous vide):

4 Fennel, in quarts
200 ml Extra virgin Olive Oil
1 Tbsp. Fresh Thyme
1 Tsp. Fennel sedes
2 Tsp. Salt
1 Tbsp. Sugar

Spiced Pineapple (sous vide):

4 Cups Pineapple, Peeled and cubed 4cm
1 Cup Water
1 Cup Sugar
4 petals Star anise

Preparation

Pork Shoulder (sous vide):

In a small saucepan, simmer the Bourbon to burn the alcohol content, let cool. We previously evaporated the alcohol since, in the absence of oxygen and inside the vacuum bag it does not evaporate and would bring unpleasant flavors to the preparations. Season the pork shoulder and vacuum pack in a bag with Bourbon and Barbecue Sauce. Cook sous vide in the **fusionchef** water bath at 70 °C for 12 hours. Remove from the bag and finish in a dry oven at 220 °C for 20 minutes until browned.

Roasted sweet potatoes (sous vide):

Cut the Sweet Potatoes into regular wedges. Vacuum Pack in a bag with Olive Oil, Rosemary, Garlic and Salt. Cook sous vide in the **fusionchef** water bath at 85 °C for 1,5 hours. Reheat in a dry oven at 220 °C for 40 minutes until golden browned.

Fennel Confit (sous vide):

Vacuum Pack in a bag with Olive Oil, Thyme, Salt, Sugar and fennel seeds. Cook sous vide in the **fusionchef** water bath at 85 °C for 1,5 hours. Brown in hot pan on all sides, at the last momento add the Pineapple without the sirup and cook for 1 minutes until hot.

Spiced Pineapple (sous vide):

Vacuum Pack in a bag with the water, sugar and spices. Cook sous vide in the **fusionchef** water bath at 70 °C for 1 hour. Cooking at low temperature we achieve a preserve with the Firm texture of fresh pineapple. Cool quickly in ice water and store in a refrigerator at 4 °C for up to 1 month after processing. The product is Pasteurized due to the cooking time and temperature.

This recipe was kindly provided by Ricardo Maffeo.