

Minced meat loaf

Cuisine: **Czech**
Food category: **Minced meat**



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Company: **Retigo**



Program steps

1

 Steaming

 Termination by time

 00:15 hh:mm

 99 °C

 50 %



2

Podlit vodou

 Combination

 90 %

 Termination by time

 00:30 hh:mm

 155 °C

 80 %



3

 Hot air

 7 %

 Termination by time

 00:10 hh:mm

 180 °C

 100 %



Ingredients - number of portions - 10		
Name	Value	Unit
boneless front beef	250	g
beef trimmings	250	g
pork cut	250	g
onion	50	g
boneless pork loin	250	g
salt	20	g
water	150	g
baguettes	225	g
milk 3.5%	90	g
chicken eggs	40	g
garlic	30	g
freshly ground black pepper, ground	5	g
bacon diced	100	g
pork belly, minced	250	g
pork lard	100	g
water	600	g

Nutrition and allergens

Allergens: 1, 3, 7

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, B6, C, Cholin, D, E, K, Kyselina listová

Directions

We cut the rolls into small cubes, soak them in milk and let them swell for 30 minutes. To the meat, we add ground meat, all other ingredients except the caul and knead everything well. We crush the garlic, and finely chop the peppers and bacon.

With wet hands, we shape two sausages, the mixture is repeatedly hit against the work surface to expel all excess air. We spread the caul over the work surface, place the sausage in it, and roll it up.

We grease the baking dish with lard, add a bit of water, and place it in the preheated oven. We bake uncovered for about 1 hour. During baking, we baste with the drippings and, if necessary, add water.

Nutritional value of one portion	Value
Energy	557.7 kJ
Carbohydrate	15.8 g
Fat	44.4 g
Protein	23.5 g
Water	0 g

Recommended accessories



Enameled GN container