


Meat loaf





















Cuisine: Czech
Food category: Minced meat



Author: Vlastimil Jaša
Company: Retigo



Program steps

1	<div> Steaming</div>		<div> Termination by time</div>	<div> 00:15</div> hh:mm	<div> 99</div> °C	<div> 50</div> %	<div></div>
2	Podlít vodou						
	<div> Combination</div>	<div> 90</div> %	<div> Termination by time</div>	<div> 00:30</div> hh:mm	<div> 155</div> °C	<div> 80</div> %	<div></div>
3	<div> Hot air</div>	<div> 7</div> %	<div> Termination by time</div>	<div> 00:10</div> hh:mm	<div> 180</div> °C	<div> 100</div> %	<div></div>

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
rolls	225	g
milk 3.5%	90	g
chicken eggs	40	g
garlic	30	g
ground black pepper, ground	5	g
bacon, minced	100	g
pork belly, minced	250	g
ointment	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

Nutritional value of one portion	Value
Energy	562.9 kJ
Carbohydrate	15.1 g
Fat	45.1 g
Protein	23.8 g
Water	0 g

Directions

Cut the rolls into small cubes, cover them with milk and let them swell for 30 minutes. Add minced meat to them in a bowl, add all the other ingredients, except for the diaphragm, and work properly. Crush the garlic, finely chop the peppers and bacon.

With moistened hands, make two cones, hit the dough several times on the mat to squeeze out all the excess air. Spread the diaphragm on the mat, insert the cone and twist.

Grease the baking pan with lard, cover with a little water and place in a heated oven. Bake uncovered for approx. 1 hour. During baking, pour over the pastry and add water as needed.

Recommended accessories



Enameled GN container