

Meat loaf

Cuisine: **Czech**Food category: **Minced meat**Author: **Vlastimil Jaša**Company: **Retigo**

Program steps

1	Steam	Termination by time	00:15 hh:mm	99 °C	50 %	
2	Podlit vodou	Combination	00:30 hh:mm	155 °C	80 %	
3	Hot air	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

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.

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	557.7 kJ
Carbohydrate	15.8 g
Fat	44.4 g
Protein	23.5 g
Water	0 g

Recommended accessories



Enameled GN container