


Luhačovick Starling

Cuisine: Czech
Food category: Minced meat





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Company: Retigo





Program steps

1


 Hot air


 100 %


 Termination by time

 00:08

hh:mm


 205 °C


 100 %





2

Lehce podlijte vodou


 Combination


 75 %


 Termination by time

 00:15

hh:mm

 155 °C

 100 %



Ingredients - number of portions - 10

Name	Value	Unit
boneless front beef	800	g
boneless pork shoulder	10	g
chicken eggs	120	g
onion	300	g
ground red pepper	5	g
freshly ground black pepper, ground	3	g
salt	30	g
breadcrumbs	30	g
full-fat mustard	20	g
sausage	300	g
bacon diced	300	g
pork lard	120	g

Directions

Finely grind beef and pork, add eggs, ground red pepper, freshly ground pepper, salt, breadcrumbs and mix carefully.
From the finished mixture, we form wider flat ovals , which we rub on one side with mustard, put a piece of sausage in the middle and roll it up and wrap in slices of bacon.
We put the rolls prepared in this way into a 40 mm high enameled gastro-container greased with lard and bake according to the program mentioned above.

Nutrition and allergens

Allergens: 1, 10, 3 Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn Vitamins: A, B, B6, C, D, E, K, Kyselina listová	
Nutritional value of one portion	Value
Energy	670 kJ
Carbohydrate	6.1 g
Fat	61.9 g
Protein	21.7 g
Water	0.1 g

Recommended accessories



Enameled GN container