

Luháčovick Starling

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

Program steps

1	Hot air	100 %	Termination by time	00:08 hh:mm	205 °C	100 %	X
2	Lehce podlijte vodou		Combination	75 %	Termination by time	00:15 hh:mm	155 °C

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