

Buckwheat meatballs

Cuisine: Czech

Food category: Vegetarian dishes



Author: Vlastimil Jaša

Company: Retigo



Program steps

1	Hot air	0 %	Termination by time	00:12	hh:mm	190 °C	100 %	
---	---------	-----	---------------------	-------	-------	--------	-------	--

Ingredients - number of portions - 10

Name	Value	Unit
buckwheat (hail)	1400	g
chicken eggs	4	pcs
garlic	0	g
herbs	0	g
salt	1	g
lemon peel	1	pcs
sour cream 18%	130	g
plain buckwheat flour	350	g
breadcrumbs	550	g
rama combi profi	0	g
vegetable oil	0	g
ground black pepper, ground	1	g
lemon juice	1	pcs

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, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	834.5 kJ
Carbohydrate	161.9 g
Fat	6.7 g
Protein	25 g
Water	0 g

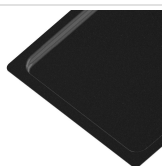
Directions

1. Cook buckwheat soaked overnight in a steam oven (35 min, 99°C). Place in a bowl and add eggs, garlic, freshly chopped herbs, season with pepper, salt, lemon zest and juice. Add sour cream and mix well.
2. Sprinkle flour and breadcrumbs and mix this mass thoroughly so that the individual pieces start to stick together. The mixture should have the consistency of classic meatballs.
3. From the mixture, we form meatballs by hand, which we coat in breadcrumbs and place on a greased Vision Bake tray. For frying in a combi oven, it is necessary to apply a layer of oil and Ramy Combi Profi diluted in a ratio of 1:1 to the surface of the buckwheat meatballs.
4. We set the program mentioned above, select the Start button to prepare the temperature in the chamber, and after the sound signal, insert it into the combi oven. Fry until golden.

Recommended accessories



Vision Oil Spray Gun



Vision Bake