

Buckwheat patties

Cuisine: **Czech**

Food category: **Vegetarian dishes**



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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	1400	g
chicken eggs	4	pcs
garlic	0	g
herbs	0	g
salt	1	g
lemon peel	1	pcs
thick cream 18% fat	130	g
plain buckwheat flour	350	g
breadcrumbs	550	g
rama combi profi	0	g
5 tbsp vegetable oil	0	g
freshly 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	632.9 kJ
Carbohydrate	105.9 g
Fat	8.1 g
Protein	22.2 g
Water	0 g

Directions

1. We cook the soaked buckwheat overnight in a combi-steamer on steam (35 min, 99°C). We transfer it to a bowl and add eggs, garlic, freshly chopped herbs, season with pepper, salt, lemon juice, and hot paprika. We add sour cream and mix well.
2. We add flour, breadcrumbs, and thoroughly mix this meat mixture until the individual pieces start to stick together. The mixture should have the consistency of classic minced meat.
3. We manually form patties from the mixture, coat them in breadcrumbs, and place them on a greased Vision Bake tray. For frying in the combi-steamer, it is essential to also spread a layer of oil and Ramy Combi Profi mixed in a ratio of 1:1 on the surface of the buckwheat patties.
4. We set the previously mentioned program, press the Start button to prepare the temperature in the chamber, and after the sound signal, we place it into the combi-steamer. We fry until golden.

Recommended accessories



Vision Oil Spray Gun



Vision Bake