

Buckwheat meatballs

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 |
| 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 |

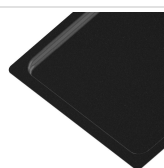
Directions

1. 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