

Lamb meatloaf with buckwheat in the diaphragm

Cuisine: **Slovak**
Food category: **Minced meat**



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Company: **Retigo**



Program steps

1

 Hot air

 100 %

 Termination by time

 00:30 hh:mm

 180 °C

 100 %



Ingredients - number of portions - 5

Name	Value	Unit
minced lamb	400	g
minced pork	400	g
onion	250	g
milk 3.5%	300	ml
garlic	1	pcs
croissant	3	pcs
chicken eggs	2	pcs
caraway seeds	3	g
marjoram	3	g
salt	20	g
ground black pepper, ground	2	g
ointment	1	pcs
buckwheat hulled	100	g

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, Cholin, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	398.1 kJ
Carbohydrate	25.5 g
Fat	20.1 g
Protein	32.4 g
Water	0 g

Directions

Pour water into the GN to a height of 2 cm. Cut the rolls into 1x1 cm cubes, put them in a bowl and cover them with milk to soften them.

Finely chop the onion. Peel and press five cloves of garlic. Add the soaked bread, the remaining ingredients to the minced meat and mix thoroughly. With wet hands, shape the dough into a cone. We smooth it, apply water on the surface and put it in a GN.

While baking, pour the cooked juice over the meatloaf.

TIP: Turn off the convection oven after an hour and let the meatloaf cook in it for another 15 minutes. Then cut the meatloaf into slices, pour the cooked juice over it and serve with potatoes or mashed potatoes.