

# Lamb meatloaf with buckwheat in the membrane

Cuisine: **Slovak**

Food category: **Minced meat**



Author: **Jan Malachovský**

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  |
| bread rolls                         | 3     | pcs  |
| chicken eggs                        | 2     | pcs  |
| caraway seeds                       | 3     | g    |
| marjoram                            | 3     | g    |
| salt                                | 20    | g    |
| freshly ground black pepper, ground | 2     | g    |
| pork lard                           | 1     | pcs  |
| buckwheat hulled                    | 100   | g    |

## Directions

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 and add some water.

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.

## 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      |