

Lamb meatloaf with buckwheat in the membrane

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
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

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

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.