

Meatloaf

Cuisine: English
Food category: Beef



Author: Phil Smith

Company: Retigo




Program steps


Preheating:

175 °C

1




Combination




50

%




Termination by core probe temperature




82

°C




160

°C




90


%



2




Hot air




0

%




Termination by time




00:05

hh:mm




160

°C



100

%



Ingredients - number of portions - 4

Name	Value	Unit
olive oil	10	ml
garlic cloves, finely chopped	1	pcs
tomato puree	20	g
Beef Mince	500	g
Eggs	1	pcs
Fresh breadcrumbs	85	g

Name	Value	Unit
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Nutrition and allergens

Allergens:
Minerals: Ca, Fe, K, Mg
Vitamins: A, D, E, K

Nutritional value of one portion	Value
Energy	5.7 kJ
Carbohydrate	1.2 g
Fat	0 g
Protein	0.1 g
Water	0 g

Directions


Heat the oil in the oven 200oC and add the onion, cook for 4-5 mins over a low heat, then stir in the garlic. Leave to cool completely.

To make the tomato sauce, heat the oil in the oven at 200oC and fry the onion, carrot and celery for 3-4 mins, then add the garlic and cook for a minute. Add the passata and bring to a simmer, then season and cook for 5 mins.

Select the oven settings as above. Mix the cooled onion with the tomato purée, mince, egg and breadcrumbs, and season. Line a 900g loaf tin with a liner or baking parchment and pack in the meatloaf mixture. Cook on the above program. Leave to rest for 10 mins before lifting out of the tin.

Serve slices of the meatloaf with some tomato sauce spooned over.

Recommended accessories



Stainless wire shelving