

Meat loaf

Cuisine: **Czech**Food category: **Minced meat**Author: **Jan Malachovský**Company: **Retigo**

Program steps

1	Combination	80 %	Termination by core probe temperature	75 °C	140 °C	80 %	
2	Combination	30 %	Termination by time	00:10 hh:mm	170 °C	100 %	

Ingredients - number of portions - 5

Name	Value	Unit
fatty pork	400	g
ground lean beef	400	g
onion	260	g
milk 3.5%	300	ml
garlic	6	pcs
baguettes	3	pcs
chicken eggs	2	pcs
caraway seeds	3	g
marjoram	3	g
salt	20	g
freshly ground black pepper, ground	2	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 the 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.

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	329.3 kJ
Carbohydrate	5.7 g
Fat	21.9 g
Protein	31.2 g
Water	0 g

Recommended accessories



Enameled GN
container