

# Meatloaf

Cuisine: **Czech**

Food category: **Minced meat**



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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

## 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

## Directions

In a GN container, pour water to a height of 2 cm. Cut the rolls into 1x1 cm cubes, place them in the mixture, and cover with milk to soften. Finely chop the onion. Peel and crush the garlic.

Add soaked bread, remaining ingredients, and mix thoroughly into the ground meat. With wet hands, shape the meat mixture into a loaf. Smooth it out, brush the surface with water, and place it in the GN.

During baking, baste the meatloaf with the drippings.

TIP: After an hour, turn off the combi oven and let the meatloaf continue cooking in it for another 15 minutes.

Then slice the meatloaf, drizzle it with the drippings, and serve with potatoes or mashed potatoes.

## Recommended accessories



Enameled GN  
container