

# Swedish balls

Cuisine: Scandinavian  
Food category: Minced meat



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## Program steps

1 Combination 50 % Termination by time 00:13 hh:mm 190 °C + 100 %

## Ingredients - number of portions - 4

Name	Value	Unit
beef shoulder	250	g
pork loin, ground	250	g
Sliced bread	100	g
whipped cream 33%	200	ml
onion	130	g
butter soft	40	g
salt	6	g
freshly ground black pepper, ground	3	g
ground allspice	5	g
chicken eggs	1	pcs

## Nutrition and allergens

Allergens: 3, 7

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, B6, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	694.3 kJ
Carbohydrate	17.3 g
Fat	37.1 g
Protein	23.3 g
Water	0 g

## Directions

Crumble the toasted bread and cover with cream. Finely chop the onion. Heat the butter in a pan over medium heat and let the onion turn vitrified for 2 minutes, stirring constantly. Mix minced meat, salt, pepper, allspice, egg, onion, including the butter in which the onion was sautéed, and soaked breadcrumbs. We mix a smooth mixture, which we put in the fridge for 2 hours. We form balls from the meat mixture, which we press lightly with our hands. We spread it on a GN, pour over the broth and bake.

Served with sauce:

Cover the pastry with the balls with cream and broth. Let it boil and season with salt and pepper.

## Recommended accessories



Vision Pan



Enameled GN container