

Swedish balls

Cuisine: **Scandinavian**
Food category: **Minced meat**



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Company: **Retigo**



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