

Swedish balls

Cuisine: **Scandinavian**Food category: **Minced meat**Author: **Jan Malachovský**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 |
| toast | 100 | g |
| whipped cream 33% | 200 | ml |
| onion | 130 | g |
| butter | 40 | g |
| salt | 6 | g |
| ground black pepper, ground | 3 | g |
| ground allspice | 5 | g |
| chicken eggs | 1 | pcs |

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, D, E, K, Kyselina listová

| Nutritional value of one portion | Value |
|----------------------------------|----------|
| Energy | 497.8 kJ |
| Carbohydrate | 17.6 g |
| Fat | 37.2 g |
| Protein | 24.3 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