

Swedish meatballs

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

We crumble the toast and pour cream over it. We finely chop the onion. In a pan over medium heat, we melt the butter and sauté the onion in it, stirring constantly, until it becomes translucent for 2 minutes.

We mix ground meat, salt, pepper, allspice, egg, onion in melted butter where the onion was sautéed, and soaked bread crumbs. We mix a smooth batter, which we let rest in the refrigerator for 2 hours.

From the meat mixture, we shape balls, which we gently flatten with our hands. We spread them on a GN pan, moisten with broth and bake.

We serve with sauce:

We pour cream and broth over the meatballs. We let it simmer and season with salt and pepper.

Recommended accessories



Vision Pan



Enameled GN
container