

Luhačovick starling

Cuisine: Czech
Food category: Minced meat




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Company: Retigo




Program steps


1

 Hot air


 100

%


 Termination by time

 00:08


hh:mm

 205

°C


 100


%




2


Lehce podlijte vodou

 Combination


 75

%


 Termination by time

 00:15


hh:mm

 155

°C

 100

%



Ingredients - number of portions - 10


Name	Value	Unit
boneless front beef	800	g
boneless pork shoulder	10	g
chicken eggs	120	g
onion	300	g
ground sweet paprika	5	g
ground black pepper, ground	3	g
salt	30	g
breadcrumbs	30	g
full-fat mustard	20	g
sausage	300	g
bacon, minced	300	g
ointment	120	g

Nutrition and allergens

Allergens: 1, 10, 3
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	670 kJ
Carbohydrate	6.1 g
Fat	61.9 g
Protein	21.7 g
Water	0.1 g

Recommended accessories



Enameled GN container

Directions

Finely grind beef and pork, add eggs, ground sweet pepper, freshly ground pepper, salt, breadcrumbs and mix carefully.
From the finished mixture, we form wider oval cutlets, which we rub on one side with mustard, put a piece of sausage in the middle and wrap the slice with bacon.
We put the rolls prepared in this way into a 40 mm high enameled gastro-container greased with lard and bake according to the program mentioned above.