

# 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