Meat loaf

Recipe by V-ZUG Ltd.

Preparation	30 Mins
Cooking time	1 Hrs
Portions	6
Appliance	Combair SEP from 2015

Preparation

600 g minced beef

100 g veal sausage meat

1 carrot

4 tbsp durum wheat semolina

1 tbsp breadcrumbs

1 egg

1 onion

1 clove of garlic

1 bunch of chives

1 bunch of parsley

1 tbsp capers

2 tsp salt

Pepper

Marjoram

Rosemary

Wash, peel and grate the carrot. Whisk the egg. Peel the onion and clove of garlic. Finely chop the onion and crush the clove of garlic. Wash the chives and parsley. Pull the parsley leaves off the stalks and chop both finely.

Mix all the ingredients for the meat loaf together well and season generously Shape the mixture into a long loaf, put it into the greased porcelain dish and smooth the top using a little water.

6 tbsp breadcrumbs

2½ tbsp olive oil

Mix the breadcrumbs and the oil together well, spread evenly over the meat loaf and press down firmly. Put the dish on the wire shelf in the cold cooking space. Bake.

Top/bottom heat damp 200 °C for 1 Hrs

Accessories

Wire shelf

Porcelain dish ½ GN, depth 65 mm

Additional information

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