

Stuffed cabbage

Cuisine: **Czech**
Food category: **Minced meat**



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Program steps

Preheating:

99 °C

1	 Steaming		 Termination by time	 00:15 hh:mm	 90 °C	 50 %	
2	 Combination	 80 %	 Termination by time	 00:30 hh:mm	 130 °C	 80 %	

Ingredients - number of portions - 10		
Name	Value	Unit
ground meat mix	1000	g
minced pork	500	g
salt	1	g
chicken eggs	3	pcs
garlic	25	g
breadcrumbs	100	g
onion	240	g
cabbage leaf, cleaned	2500	g
smoked bacon	150	g
freshly ground black pepper, ground	1	g

Nutrition and allergens	
Allergens: 1, 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	562.6 kJ
Carbohydrate	30.2 g
Fat	33.4 g
Protein	40.6 g
Water	0 g

Directions

1. Add an egg, salt, pepper, crushed garlic with salt, breadcrumbs, and 1/3 finely chopped onion to the minced meat. Mix the mixture thoroughly and divide it into 10 portions.

2. Rinse the cleaned cabbage, cut out the cores, and briefly blanch the leaves in a steam oven (99°C, approx. 4 min). After cooking, immediately cool them in ice water.

3. Fill the cabbage leaves with the minced meat mixture, place them in a GN container, and sprinkle with bacon. Arrange the stuffed leaves according to the technology mentioned above (step two).