

Kološvár cabbage

Cuisine: **Slovak**

Food category: **Minced meat**



Author: **Vlastimil Jaša**

Company: **Retigo**



Program steps

1	Combination	65 %	Termination by time	00:35 hh:mm	165 °C	90 %	
---	-------------	------	---------------------	-------------	--------	------	--

Ingredients - number of portions - 10

Name	Value	Unit
pork lard	200	g
ground meat mix	1500	g
salt	1	g
marjoram	2	g
ground red pepper	18	g
round grain rice	300	g
sauerkraut	1800	g
thick cream 18% fat	500	g
chicken eggs	3	pcs
freshly ground black pepper, ground	1	g

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	804.2 kJ
Carbohydrate	36.1 g
Fat	56.9 g
Protein	36.7 g
Water	0 g

Directions

1. Fry one part of onion in lard. As soon as it becomes glassy, add minced meat, salt, pepper, marjoram and paprika. The meat is then stewed until soft.
2. In the meantime, cook the rice on the Steamed rice program.
3. Then fry the second part of the onion together with the sauerkraut (rinsed and drained).
4. Mix rice into the meat mixture and prepare an enameled GN. We layer cabbage and rice into it, then minced meat, sausage rings and again cabbage and rice. Spread the top layer with sour cream. We bake on the above program.

Recommended accessories



Enameled GN
container