

# 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

## Directions

1. Add eggs, salt, pepper, grated garlic with salt, breadcrumbs and 1/3 finely chopped onion to the minced meat. Mix the mixture carefully and divide it into 10 parts.
2. Rinse the cleaned cabbage, cut out the stems and briefly steam the leaves in a combi oven (99°C, approx. 4 min). After cooking, cool immediately in ice water.
3. Fill the cabbage leaves with a mixture of minced meat, place in a GN and sprinkle with bacon. We will adjust the sheets filled in this way to the technology mentioned above (step two).

## 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