Bunny Chow vegan

Cuisine: **Indian**
Food category: **Vegan dishes**

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Program steps

Preheating:	230 °C

1 Erdnussöl, veganer Fleischersatz hinzugeben

Combination	💧 25 %	Termination by time	⏲ 00:03 hh:mm	🌡 210 °C	✛ 70 %	✗

2 wenden

Combination	💧 25 %	Termination by time	⏲ 00:03 hh:mm	🌡 210 °C	✛ 70 %	✗

3 wenden, Kartoffeln, Möhren, Zwiebeln hinzugeben

Combination	💧 25 %	Termination by time	⏲ 00:03 hh:mm	🌡 210 °C	✛ 70 %	✗

4 wenden

Combination	💧 25 %	Termination by time	⏲ 00:03 hh:mm	🌡 210 °C	✛ 70 %	✗

5 wenden, Pilze, Zimtstange, Sternanis, Kardamon hinzugeben

Combination	💧 25 %	Termination by time	⏲ 00:03 hh:mm	🌡 210 °C	✛ 70 %	✗

6 wenden, restliche Gewürze, Tomaten, Kircherbsen hinzugeben

Combination	💧 25 %	Termination by time	⏲ 00:03 hh:mm	🌡 210 °C	✛ 70 %	✗

7 mit Flüssigkeiten auffüllen

Combination	💧 100 %	Termination by time	⏲ 00:12 hh:mm	🌡 145 °C	✛ 70 %	✗

Ingredients - number of portions - 6

Name	Value	Unit
white bread	750	g
vegan meat alternative chicken style	400	g
white onion	200	g
carrot orange	200	g
mushrooms	100	g
shiitake mushrooms	120	g
chickpeas	1	pcs

Directions

Cut the box white bread into 6 equal thick slices and hollow out a large hole in the middle. The inside of the white bread can be further processed, for example for croutons. Preheat the combi steamer to 210°C combi steam with 25% humidity, 70% fan speed with a coated 100mm deep GN container. Add peanut oil and meat alternative, cook for 3 minutes, turn and cook for another 3 minutes, turn. Add onions, carrots and potatoes and cook for 3 minutes, turn and cook for another 3 minutes, turn. Add mushrooms,

waxy potatoes	300	g
tomato	200	g
peanut oil	100	ml
cinnamon stick	1	pcs
star anise	1	pcs
cardamom pods	5	pcs
caraway seeds	0.5	pcs
caraway seeds	0.5	pcs
ginger root, peeled and finely chopped	1	pcs
garlic cloves, finely chopped	2	pcs
garam masala	1.5	pcs
Coriander leaves, finely chopped	0.25	pcs
turmeric	0.25	pcs
curry powder	1	pcs
harissa (tl)	0.5	pcs
vegetable broth	1200	ml
vegan kitchen cream	400	ml
Coriander leaves, finely chopped	20	g

cinnamon stick, star anise and cardamom pods and cook for 3 minutes, then turn. Add the remaining spices, tomatoes and chickpeas and cook for 3 minutes, then turn, add liquids and change the climate to 145°C in combination steam mode, 100% humidity, 70% fan and cook for 12 minutes.
Pour the dish into the inside of the bread and serve.

A bunny chow, often called a bunny, is a specialty of South African cuisine. It classically consists of a halved (sometimes quartered) loaf of white bread, which is hollowed out and filled with a spicy curry dish made from beef, lamb, chicken or beans. Traditionally, the bunny is eaten with your hands by first dipping the inside of the loaf of bread into the curry dish and then eating the sauce-soaked outside. A salad made from grated onions, carrots, chili and white cabbage is often served as a side dish, which is also eaten mixed with the curry.

Nutrition and allergens

Allergens: 1
Minerals: Ca, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Pektin, Se, Zn
Vitamins: A, B, C, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	548 kJ
Carbohydrate	96.8 g
Fat	3.7 g
Protein	26.8 g
Water	0 g

Recommended accessories

Enameled GN container