

Creamy Cabbage Gratin

Cuisine: **Chinese**

Food category: **Side dishes**



Author: **Gary CHIU**

Company: **Retigo Asia**



Program steps

Preheating: **195 °C**

1 Combination 50 % Termination by time 12:00 mm:ss 180 °C + 80 %

Ingredients - number of portions - 5

Name	Value	Unit
bacon diced	80	g
minced garlic	15	g
onion	60	g
pak choi	800	g
RO water	100	ml
gouda cheese	30	g

seasoning recipe

Name	Value	Unit
milk 3.5%	300	ml
whipped cream 33%	30	g
plain wheat flour	25	g
salt	5	g
freshly ground black pepper, ground	5	g

Nutrition and allergens

Allergens: 1, 7

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, B6, C, Cholin, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	232.2 kJ
Carbohydrate	9.1 g
Fat	18.5 g
Protein	4.6 g
Water	0 g

Directions

- ◇ Stir-fry the bacon first until the aroma is released, sauté minced garlic and onion until fragrant, add Chinese cabbage and stir-fry for a while
- ◇ Add water, cover the pot and cook for 5 minutes, add seasoning and bacon, and put it in the baking pot
- ◇ Melt butter in a hot pot over low heat, add flour and stir fry until fragrant, continue to fry until cooked
- ◇ Add milk and cook until the flour is completely melted, then add a little pepper to enhance the taste
- ◇ Pour the cooked white sauce on the cabbage and mix well, then sprinkle cheese on the surface
- ◇ Reduce the wind speed to achieve a uniform golden-yellow baked surface, and the corners will not be burnt black

Recommended accessories



Stainless wire shelving