

Bavarian Cabbage



18:58

This recipe is available for:

- Convotherm mini

Accessories:

- 1/1 GN Granite enamelled tray, 60 mm deep, 3013030

P R O F I L E

- Chilled 4°C
- 1 Full Tray
- From Scratch

Convection

00:06 | -

2

Stage 1
220 °C

Combi-steam

00:30 | -

2

Stage 2
150 °C

R E C I P E

Ingredients

4	kg	White cabbage
500	g	Belly bacon
2	pcs	Onions
2	pcs	Garlic cloves
2	tbs	Sunflower oil
1	l	Apple juice
1	tbs	Whole caraway
1	pinch	Sea salt
1	pinch	Black pepper
1	pinch	Sugar

1. Food Preparation

Chop the cabbage into rough cubes. Also cut the bacon, garlic, onions in fine cubes. Mix the bacon cubes with the onions, garlic and oil.

2. Cooking Instruction

Then place on a Teflon tray and cook in HL at 215°C for 6 minutes. Put the cabbage in a 65Gn tray together with the roasted onion, bacon etc. Add now all other ingredients and fill it up with the apple juice. Place the tray now in the preheated Convotherm, and let it cook until the first layer is becoming brown, then mix it, and repeat it again. After cooking, mix everything again and season to taste if necessary, with salt and pepper.

3. Food Serving Instruction

Serve it in a bowl or as a side on the plate. Add some chopped parsley as garnish. Like most braised dishes, the flavor will be even better on the second day.