



## Chef to Chef

# Red Cabbage cooked under pressure

Fast, no stirring or checking, and simply delicious

In keeping with the season, this is the easiest way to cook red cabbage in small or large portions. It always turns out great with no burning, checking, stirring or adding liquid.

Simply follow the process below. There is no need to adapt your original recipe.

- Preheat to 170 - 180°C in the roast function 
- Sautee onions
- Add some liquid (broth), spices such as bay leaves, all spice, cloves, a stick of cinnamon and bring to a boil
- Add the marinated red cabbage and all your other ingredients, for example apples or orange juice, stir briefly and bring to a boil. **Attention:** Make sure to add **enough liquid**, because red cabbage does not release much moisture
- When it comes to a boil, switch to the pressure cooking mode , enter the cooking time. *The cooking time is always based on the size and quality of the product.* In this case the pressure cooking time is 10 minutes (Julienne cut) and approx. 4 minutes to thicken. I usually use corn starch to thicken. This gives the red cabbage an attractive gloss.
- Close the lid and the safety valve and start the pressure cooking mode
- When finished, open the lid and thicken the red cabbage as described above, season to taste
- Done

Enjoy!

Cordially yours,

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