

Bunny Chow vegan

Cuisine: Indian

Food category: Vegan dishes



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Company: RETIGO Deutschland GmbH




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 |
| waxy potato | 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 |
| fennel seeds | 0.5 | pcs |
| ginger root, peeled and finely chopped | 1 | pcs |
| cloves garlic, finely chopped | 2 | 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, 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

| | | |
|----------------------------------|------|-----|
| 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 |

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