Lamb and white cabbage stew

Recipe by V-ZUG Ltd.



Preparation	30 Mins
Cooking time	2 Hrs
Portions	4
Appliance	Combair SEP from 2015

Preparation

1 l bouillon

500 g stewing lamb, diced

500 g potatoes

1 white cabbage, small

½ tsp cumin

1 bay leaf

Salt

Pepper

Peel the potatoes and cut into 2 cm chunks. Cut the white cabbage into 3 cm chunks. Put all the ingredients into the porcelain dish and season with salt and pepper. Put the porcelain dish on the wire shelf in the cold cooking space. Cook.

Hot air humid 160 °C for 2 Hrs

½ bunch of Parsley

Salt

Pepper

Finely chop the parsley. Take the stew out of the cooking space. Sprinkle with parsley, stir, then season with salt and pepper to taste.

Accessories

Porcelain dish ½ GN, depth 65 mm

Wire shelf

Additional information

Created on	11.12.2019