

CABBAGE ROLLS WITH BEEF

PRODUCT SPECIFICATION SHEET

Semi-finished Product: "Cabbage for Cabbage Rolls"

Ingredient	Unit	Gross per portion	Net per portion
Table salt	kg	0.005	–
Vinegar	L	0.080	–
Fresh cabbage	kg	1.400	1.000

Output: 1 kg semi-finished product

Semi-finished Product: "Boiled Rice"

Ingredient	Unit	Gross	Net
Rice	kg	0.500	0.500
Drinking water	L	0.500	0.500
Table salt	kg	0.005	–

Output: 1 kg semi-finished product

Semi-finished Product: "Ground Beef"

Ingredient	Unit	Gross	Net
Beef (round or lean cut)	kg	1.050	1.000

Output: 1 kg semi-finished product

Semi-finished Product: "Peeled Onion"

Ingredient	Unit	Gross	Net
Onion	kg	1.200	1.000

Output: 1 kg semi-finished product

Semi-finished Product: "Fried Onion"

Ingredient	Unit Gross Net		
Peeled onion	kg	2.000	1.000
Sunflower oil (refined) L		0.030	–
Table salt	kg	0.008	–
Ground black pepper	kg	0.001	–

Output: 1 kg semi-finished product

Semi-finished Product: “Peeled Carrot”

Ingredient	Unit Gross Net		
Carrot	kg	1.200	1.000

Output: 1 kg semi-finished product

Semi-finished Product: “Fried Carrot”

Ingredient	Unit Gross Net		
Peeled carrot	kg	1.500	1.000
Table salt	kg	0.012	–
Sunflower oil (refined) L		0.100	–

Output: 1 kg semi-finished product

Semi-finished Product: “Filling for Cabbage Rolls with Beef”

Ingredient	Unit Gross Net		
Boiled rice	kg	0.400	0.400
Ground beef	kg	0.300	0.300
Fried onion	kg	0.145	0.145
Fried carrot	kg	0.145	0.145
Table salt	kg	0.009	0.009
Ground black pepper	kg	0.001	0.001

Output: 1 kg semi-finished product

Final Product: “Cabbage Rolls with Beef”

Ingredient	Unit	Gross	Net
Cabbage leaves	kg	0.340	0.340
Filling for cabbage rolls	kg	0.660	0.660

Output: 1 kg finished product

PRODUCT CHARACTERISTICS

Appearance:

Elongated oval cabbage rolls with whole cabbage leaves enclosing the filling, without visible stuffing or damage.

Taste and Aroma:

Characteristic of the listed ingredients with mild seasoning.

PRODUCTION INSTRUCTIONS (FOR KITCHEN STAFF)

Cabbage Preparation

- 5.000 kg – cabbage (steamed)

Process:

Remove damaged leaves and core. Rinse thoroughly. Boil 15 L water with vinegar, then steam the cabbage until outer leaves begin to separate.

Output: 5.000 kg

Filling Preparation

- 4.000 kg – boiled rice (2.0 kg dry rice + 2.0 L water)
- 3.000 kg – ground beef
- 1.450 kg – fried carrots
- 1.450 kg – fried onions
- 0.090 kg – salt
- 0.010 kg – ground black pepper

Process:

Peel and chop onions, grate carrots, and sauté in sunflower oil until tender, then cool. Boil rice

halfway and cool. Grind beef through a meat grinder. Combine all ingredients and mix until homogeneous.

Output: 10.000 kg

Cabbage Roll Formation

- 5.000 kg – cabbage leaves
- 10.000 kg – filling

Output: 15.000 kg

Process:

Place filling onto softened cabbage leaves and roll into oval rectangular shapes. Freeze for 120 minutes, then pack into containers once completely frozen.

LABEL INFORMATION

Ingredients:

Boiled white cabbage (34%) (fresh cabbage, vinegar, salt), boiled rice (26.4%) (rice, drinking water, salt), boneless beef (19.8%), fried onion (9.6%) (onion, refined sunflower oil, salt, ground black pepper), fried carrot (9.6%) (carrot, refined sunflower oil, salt), table salt (0.6%), ground black pepper (0.1%).

Allergens: Highlighted in bold.

Energy value per 100 g: 136 kcal

Shelf life & storage:

90 days at temperature not exceeding -18°C . Use insulated packaging in summer.

Cooking instructions:

Place frozen cabbage rolls into a pot. Prepare sauce with sautéed carrots and onions; optionally add sour cream and tomato paste. Pour enough water to cover rolls and simmer 40 minutes in summer or 2 hours in winter over low heat.

Do not refreeze after thawing.

Nutritional Value per 100 g:

- Energy: 569 kJ / 136 kcal
- Fat: 5.1 g (of which saturated: 1.5 g)
- Carbohydrates: 17 g (of which sugars: 3.3 g)
- Fiber: 2.2 g
- Protein: 5.5 g
- Salt: 1.1 g

