

# Cabbage canapé

## Description

Smørrebrød with cabbage salad and salted almonds



### Yield

10 pieces of 147 g, 10x10 cm



### Scheduling

Preparation: 30 minutes

Roasting time: 25 minutes/150°C



### Nutritional values (100 g or 100 ml)

energy: 697 kJ/166 kcal;

fat: 9 g, of which saturated 2.5 g;

carbohydrates: 16 g, of which sugars 4.9 g;

protein: 3.9 g; salt 2.4 g

## Ingredients

### Cabbage canapé (1'470 g)

645 g	smørrebrød slices
80 g	spreadable butter with coarse mustard
350 g	white cabbage salad
350 g	red cabbage salad
45 g	salted almonds

### White cabbage salad (353 g)

310 g	white cabbage
1 g	caraway, whole
2 g	table salt
30 g	white wine vinegar
10 g	rapeseed oil

### Salted almonds (434 g)

420 g	almonds, peeled
10 g	sugar syrup 30°Bé
4 g	table salt

### Spreadable butter with coarse mustard (81 g)

60 g	butter
10 g	water
1 g	table salt
1 g	Worcester sauce
9 g	mustard, coarse-grained

### Red cabbage salad (354 g)

230 g	red cabbage, raw
80 g	apple, cut into small cubes
2 g	table salt
25 g	white wine vinegar
7 g	rapeseed oil
10 g	honey
0 g	cinnamon, ground

## Production

1

### Ingredients

Cabbage – known as a local superfood – is combined with classic ingredients such as caraway and apple. Other ingredients that go particularly well with red cabbage are honey and cinnamon.

2

### Shredding and mixing

Shred the cabbage as finely as possible and mix with the other ingredients.

3

### Salads

To prevent the bread from becoming soggy, use only a little dressing for the salads. Leave the salads to stand overnight so that they can marinate properly.

Mayonnaise is deliberately omitted to offer a lighter alternative to the classic celery salad with mayonnaise.

4

### Spreading on the bread

To make the butter spread, beat the butter at room temperature with the salt until fluffy. Add the liquids gradually and finally add the mustard. Spread the butter on the smørrebrød slices to protect them from the vegetable juice. The dark smørrebrød goes very well with the rustic toppings.

Hummus can also be used for a lactose-free version.

5

### Portioning

Use an ice cream scoop (4 cm Ø) to portion two balls of white and red cabbage salad onto each piece of bread. This version can also be made à la minute, as the topping does not need to be spread.

6

### Salted almonds

Moisten the almonds with the syrup and place on a tray. Sprinkle with salt and roast the almonds at 150°C for about 25 minutes until golden brown.

7

### Finishing

Garnish with 5 salted almonds and a pea sprout.