

# CABBAGE - SHREDDED

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**Yield:** As Needed

**Shelf Life:** 2 days

**Equipment:** Cutting board, chef knife, Small Robot Coupe R301 w/ vegetable attachment, ES-1 Blade, 1/3 pans with lids

## Ingredients

**As Needed** Green Cabbage - Whole Heads

## Procedure

1. Remove rusted or limp outer leaves.
2. Place cabbage on a green cutting board and cut the cabbage in half lengthwise, then make a "V" cut to remove the core.
3. Cut each cabbage half into 3 equal wedges, small enough to fit easily in the vegetable attachment.
4. Place 2 cabbage wedges at a time into the small Robot Coupe's vegetable attachment, and use the pusher to feed the wedges down onto the blade.

**NOTE: Do not slam or force the pusher down. This step requires only gentle pressure when feeding wedges down.**

5. Repeat step 4 until all wedges are shredded into **1/16" thick ribbons**.

**NOTE: After shredding 2-3 heads, open the top of the vegetable attachment and clear out all shredded cabbage that has gotten stuck inside.**

6. Once all the cabbage is shredded, **thoroughly inspect the finished product. Discard any large pieces and any pieces of the core.**
7. Transfer to 1/3 pans with lids, and store refrigerated.
8. Label, Date, and Rotate.

**NOTE: THE ES-1 DISK BLADE IS NOT DISHWASH SAFE, AND SHOULD BE WASHED WITH THE SAME PROCEDURE AS A KNIFE. IT IS ACCEPTABLE TO WASH THE VEGETABLE ATTACHMENT IN THE DISHWASHER.**

C: White to light green; 1/16" shred  
T: Dry; Free flowing; Not clumpy  
F/A: Cellular; Sweet fresh cabbage flavor  
HR: 1/3 pan; Refrigerated  
SL: 2 days