KIKKOMAN

Savoy cabbage wrap with sweet potatoes, mushrooms and cinnamon jus

Total time **105 mins** **45 mins** preparation time **60 mins** cooking time

Nutritional facts (per portion):
4,216.2 kJ / 1,009.7 kcal

Fat: **51.4 g** Protein: **26.7 g**
Carbohydrates: **99.1 g**

INGREDIENTS

4 portion(s)

For the jus

1	carrot
60 g	celeriac
2	onions
100 g	mushrooms
4	cloves of garlic
4 tbsp	rapeseed oil
3	cinnamon sticks
1 tsp	peppercorns
1	bay leaf
1 tbsp	tomato purée
1 tbsp	dark balsamic vinegar
100 ml	Kikkoman Naturally Brewed Soy Sauce
100 ml	apple juice
200 ml	water
1.5 tsp	cornflour

For the savoy cabbage wraps

1	savoy cabbage
1 kg	sweet potatoes
4 tbsp	rapeseed oil
5 tbsp	Kikkoman Naturally Brewed Soy Sauce
100 g	hazelnuts
20 g	flat-leaf parsley

For the mushrooms

700 g	large king oyster mushrooms
3 tbsp	butter
2	cloves of garlic
1 tsp	honey
3 tbsp	Kikkoman Naturally Brewed Soy Sauce

PREPARATION

Step 1

1 carrot - **60 g** celeriac - **2** onions - **100 g** mushrooms - **4** cloves of garlic - **4 tbsp** rapeseed oil - **3** cinnamon sticks - **1 tsp** peppercorns - **1** bay leaf - **1 tbsp** tomato purée

Wash the carrot and celeriac and cut into walnut-sized pieces. Peel the onion and cut into walnut-sized pieces. Halve the mushrooms and crush the garlic cloves. Fry everything together in a medium saucepan with rapeseed oil until brown. Finally, add the cinnamon sticks, peppercorns, bay leaf and tomato purée and fry briefly.

Step 2

1 tbsp dark balsamic vinegar - **100 ml** Kikkoman Naturally Brewed Soy Sauce - **100 ml** apple juice - **200 ml** water

Top the pan up with balsamic vinegar, Kikkoman Soy Sauce, apple juice and water. Slowly reduce the jus by half.

Step 3

1 savoy cabbage

Cut out the stalk and remove the leaves, keeping them whole. Simmer the leaves in the boiling water for about 1 minute, then remove and cool with cold water.

Step 4

1 kg sweet potatoes - **3 tbsp** rapeseed oil - **5 tbsp** Kikkoman Naturally Brewed Soy Sauce - **100 g** hazelnuts - **20 g** flat-leaf parsley

Wash, peel and coarsely grate the sweet potatoes with a box grater. Heat the rapeseed oil in a medium saucepan and add the sweet potatoes.

Cook them, stirring constantly, until they form a creamy mass. Season the mixture to taste with Kikkoman Soy Sauce. Chop the hazelnuts and parsley and mix into the sweet potato mixture.

Step 5

1.5 tsp cornflour
Pour the reduced jus through a sieve into a jug. Return to the saucepan and bring to the boil. Dissolve the cornflour in 2 tbsp of water and whisk into the boiling jus. Simmer briefly and keep warm under a cover.

Step 6

Spread out 1 to 2 savoy cabbage leaves, as required, and place 3 to 4 tbsp sweet potato mixture. in the middle of the bottom third. Fold in the sides and roll up. Heat the finished wraps in the oven at 100 °C top and bottom heat, covered.

Step 7

700 g large king oyster mushrooms - **3 tbsp** butter - **1 tbsp** rapeseed oil - **2** cloves of garlic - **1 tsp** honey - **3 tbsp** Kikkoman Naturally Brewed Soy Sauce
Wash and dry the mushrooms if necessary. Cut in half and fry in a large pan with butter and rapeseed oil. Crush the garlic and fry with the mushrooms. Add the honey, reduce the heat and glaze with Kikkoman Soy Sauce.

Step 8

Arrange the wraps with mushrooms and jus.