

Stuffed Cabbage

There are many recipes for stuffed cabbage, but you can make just about any filling that you like and roll them into cabbage leaves. The main thing is to par-boil the leaves until they are tender enough to roll up, but not falling apart. I usually use rice as the main filler. Then I mix it with the other ingredients, roll up the leaves and bake. This is a good way to use leftover rice.

Here is a basic recipe for stuffed cabbage leaves, it changes every time I make it so feel free to improvise. If you like you can add ham or bits of sausage as well.

If you can remove the cabbage leaves without tearing them you can just boil them that way for about 5-6 minutes, but I also put the whole head in water and boil for about 15 minutes, until the leaves come off easily. Save the smaller inner leaves for the next day, or add to the filling.

(Compost the core.)

Saute some garlic, onion, broccoli, carrots (all diced) in olive oil. Add meat if you are using it. Add some sunflower seeds if you like them, and sauté a bit longer. Season this with soy sauce or salt and a dash of cayenne. Add some cheese like ricotta, or cheddar or both if desired.

But a few tablespoons of filling on a cabbage leaf, fold in the sides and roll up like a burrito. Place the rolls in a greased pan and bake them for about $\frac{1}{2}$ hour at 325.

Brushing butter on the leaves while baking helps to keep them from drying out and adds great flavor.