

Stuffed Cabbage

Serve 8- 2 rolls per person

Sauce Ingredients

- Olive oil- ¼ cup
- Chopped onion- 2 cups
- Chopped garlic – 2 Tblsp.
- Chopped Fennel stems- 2 cups
- Diced tomatoes, 28 ounce cans- 2
- Tomato puree- 2 cups
- Water- 2 cups
- Lemon- 1
- Golden raisins- 1 cup
- Dried apricots, sliced - ½ cup
- Chopped fresh ginger- 2 Tblsp
- Fennel seeds - 1 tsp
- Whole cloves- 15
- Cardamom pods- 5
- Salt- 1 ½ tsp.
- Fresh ground Pepper- 1 tsp
- Harissa- 1 tsp

Make Sauce

- Heat olive oil in heavy, non-reactive pot
- Add onion, fennel, garlic and cook over medium heat, stirring occasionally, for 5-10 minutes until vegetables soften
- Slice lemon as thin as possible, either by hand or with a mandoline
- Grind spices in a spice mill
- Add tomatoes, tomato sauce, water, lemons, apricots, raisins, ginger, and pepper and heat
- Add salt to taste
- Cover and leave on low heat to simmer for 30- 45 minutes or until all ingredients are softened. Taste again.

Cabbage and Filling Ingredients

- White cabbage- 1 head
- Olive oil- ¼ cup
- Diced onion- 2 cup
- Chopped garlic- 1 Tblsp
- Ground beef- 1 ½ pounds (for vegetarian version, substitute half chickpeas and half black beans, coarsely chopped, for the beef)
- Chopped dill- 1/2 cup
- Chopped parsley- ¼ cup.
- Cooked basmati rice- 2 cups
- Eggs -2
- Matzoh meal- ½ cup
- Water- 1/3 cup
- Salt- 1 tsp.
- Fresh ground pepper- 1 tsp

Make Cabbage Rolls

- Preheat oven to 325 degrees
- Bring large pot filled with water to the boil
- Heat a heavy saute pan with the oil and saute onion and garlic for 2-3 minutes until soft
- Combine all remaining filling ingredients and mix well
- Fashion a small mini-burger with the filling and poach in slightly salted water for 2-3 minutes until cooked through
- Re-season the filling if needed
- Cut out the core of the cabbage and drop the cabbage in the boiling water for 1-2 minutes or until the outermost leaves soften.
- Remove the cabbage and pull off the soft outer leaves.
- Return the cabbage to the water and repeat the steps above
- Take softened leaves and lay on counter with the rounded side on the counter so you are looking at a cup-shaped leaf. The core end should be closest to you
- Divide your filling mixture into roughly 16 equal portions
- Place a portion of filling onto the bottom, core section of the leaf, the section that is closest to you.
- Fold the two sides to the middle enclosing the filling tight.
- Roll the roll from the bottom of the leaf to the top, as tight as possible.
- When the roll is rolled tight, place it in a glass roasting pan with the top of the leaf, the last part to be rolled, face down, so the roll does not unroll.
- Continue until all the rolls are made, and cover with sauce

- Cover pan with foil tightly, and place in a 325 degree oven
- Bake for roughly one hour, or until the rolls are very hot (180 degrees) in the middle
- Remove foil and serve