



EPISODE 7

STUFFED CABBAGE

(From "The 100 Most Jewish Foods" by Alana Newhouse)

INGREDIENTS:

- 1 head of green of savoy cabbage (about 4.5 lbs.)
- 3 quarts boiling water
- 3 tbsp. olive oil
- 1 medium onion, chopped
- 1 ½ tsp. Kosher salt (plus more as needed)
- 3 medium carrots, peeled and shredded or finely chopped
- 1 celery stalk, finely chopped
- Freshly ground black pepper
- ½ cup uncooked white rice
- ½ cup golden raisins plus more for sauce
- 3 tbsp. tomato paste
- 1 lb. ground beef (or ground turkey)
- 3 cups tomato juice

INSTRUCTIONS:

- Carve out the core of the cabbage using a sharp knife; leave the cabbage whole. Transfer cabbage core side up into a large bowl and pour the boiling water over it. Cover and let the cabbage soften for about 15 minutes. Turn the cabbage over so the core is now down, cover, and let sit for an additional 15 minutes. Season with a pinch of salt. Add carrots and celery and cook, stirring until softened, about 5 minutes more. Season with more salt and pepper and transfer to a bowl.

- Add rice, raisins, and tomato paste to the bowl. Stir until the ingredients are mixed and then cool. Add the meat, season with 1 ½ tsp. salt and more pepper. Mix to combine.
- Drain the cabbage. Pull off the large leaves and cut out the large vein-like center rib. Pat the leaves dry with paper towels. Chop remaining cabbage and set aside.
- Spoon about ¼ cup of the filling on each leaf towards the top – the part of the leaf that is the thinnest and most tender, farthest from the base of the leaf. Fold the top of the leaf over the meat, then fold the sides of the leaf in, over the meat. Roll down making sure the sides are tucked in.
- Arrange the rolls seam-side down in a large, wide pot. Add the tomato sauce. Add chopped cabbage and a handful of golden raisins to the sauce. Add 1-2 cups of water into the tomato sauce container and pour into the pot, enough to just cover the rolls.
- Set the pot over medium heat and bring to a robust simmer. Reduce the heat to low, cover, and simmer until the cabbage leaves become glassy – almost translucent, about 1 hour 15 minutes.
- Serve the rolls warm with the sauce spooned over the top.
 - NOTE: This dish freezes beautifully. Put the rolls and sauce in a tightly covered container and freeze for up to three months. Reheat on the stove or in the microwave.

ENJOY!