

Vegetarian Stuffed Cabbage

- 1 cabbage
- 1 medium-large yellow onion, chopped
- 3 tablespoons packed brown sugar
- 3-1/2 to 4 cups tomato sauce
- 6 tablespoons lemon juice
- 1 to 1-1/2 shredded potatoes (washed, unpeeled)
- 2 to 6 shredded carrots (washed and peeled)
- 1 shredded apple (washed, unpeeled)
- 1/2 cup raisins
- 6 tablespoons flour
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground black pepper
- 1 teaspoon salt
- 1 tablespoon vegetable oil
- optional: yogurt

Bring a large quantity of water to a boil. Wash the cabbage, and remove 12 outer leaves from the cabbage. Once the water is boiling, throw in the leaves and cover. After five minutes, remove the covered pot from the heat, drain and rinse the leaves.

Preheat oven to 350 degrees Fahrenheit.

Chop 1 cup of the remaining cabbage core, and combine it in a saucepan with the chopped onion, brown sugar, tomato sauce, and 4 tablespoons of lemon juice, to make the sauce.

Heat the sauce ingredients over a medium heat until it begins to boil, reduce heat, cover and simmer.

Combine the potatoes, carrots, apple, raisins, flour, spices, vegetable oil, and 1/3 cup of the sauce, to make the filling.

Grease a roasting pan.

Spoon the filling into the 12 reserved cabbage leaves. Fold the leaf sides around the filling, and roll the top down, tucking the base of the leaf underneath. Place each stuffed leaf seam-side down in the pan.

Spoon the sauce over the stuffed leaves.

Cover the pan with foil, and cook for one hour. Can be served with yogurt. Goes well with egg

noodles ^[1] or spaetzle or rice ^[2].

Serves: 3 to 5

Preparation time: 100 minutes

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