

Whole Stuffed Cabbage

Yield 4

Ingredients

- 1 3-4 pound cabbage
- 1 ½ – 2 pounds ground veal, lamb, beef, pork or any combination
- 1 ½ cups par cooked rice
- 2 cups diced tomatoes
- 1 cup golden raisins
- ¼ cup chopped parsley
- 6 cloves minced garlic
- 1 Tbsp paprika
- 1 tsp ground black pepper
- 1/8 tsp hot pepper
- 3 Tbsp tomato paste
- Juice of one lemon
- 2 Tbsp olive oil
- 4– 8 cups of stock (vegetable, chicken, beef, lamb...)

Method

Cut a small amount off of the core end of the cabbage reserve and use as the lid. Remove the core and hollow out the cabbage using a spoon. Leaving the cabbage approximately 1 ½ “thick. Set the cabbage aside and prepare the filling.

Finely chop 2 cups of the cabbage (that you scoped out).

In a sauté pan add your olive oil chopped cabbage, garlic and one cup of stock. Cook until tender season with salt and pepper, allow to cool.

Combine your ground meat, cooked rice, raisins, tomatoes, spices, parsley and cabbage season with salt and pepper.

At this point cook off a small patty and do a taste test.. adjust your seasoning.

In a sauce pot add 4 cups of stock, lemon juice and tomato paste, whisk to combine and heat to a simmer.