

THE FLEXITARIAN COOK

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Vegetarian Stuffed Cabbage

Ingredients:

1 head savoy cabbage	a few Tbs olive oil
2 cloves chopped garlic	1.5 cup short- or medium-grain rice
1 medium onion	1 can tomatoes (whole or crushed)
3 medium carrots	4 Tbsp butter
2 small zucchinis	1/2 to 1 tsp crushed red pepper flakes
1/2 tsp thyme	sea salt and pepper to taste

Separate the cabbage leaves (you should get about a dozen good-sized ones), rinse and blanch in boiling water for one minute. Drain and rinse in cold water. Set aside.

Place tomatoes, butter and red pepper flakes in a heavy-bottomed pan, bring to a simmer and let cook for at least 30 mn (45 is best). This will be the sauce you will spoon over the cabbage.

Chop vegetables very finely. Saute in olive oil with the thyme, garlic, and a sprinkling of salt and pepper until lightly golden and tender, about 10 to 15 mn. Transfer into a bowl and mix with rice.

With a sharp knife, remove the thickest portion of the cabbage leaves stems. Overlap the parts of the leaf that have been cut apart, and place 2 or 3 Tbsp of filling in the center. Roll the leaves, folding in the sides towards the center. Place seam side down in a baking dish and cover with tomato sauce.

Cover with foil and bake for 40 min in a 325 oven. Uncover and bake a little while longer if the sauce looks watery. Serve hot or warm.

Yield: about a dozen stuffed cabbage leaves.