



STUFFED CABBAGE HEAD

WHOLE CARP STUFFED WITH VEGETABLES

Introduction

In a mid-nineteenth-century cook book by Rebecca Wolff, you can find many surprising suggestions for serving common vegetables. In addition to a stuffed cabbage head, it also describes recipes for salads with mushrooms, fruit with onions, fried cucumbers and salads made of legumes. Not only is the book a source of inspiration or a show of culinary craftsmanship but also a kosher culinary practice manual, containing a multitude of tips on how to properly prepare dishes and run a household.

INGREDIENTS (8-10 PORTIONS)

- 1 small-sized white cabbage
- 150-200 g (5,3-7,05 oz) of raisins
- 100 g (3,53 oz) of almonds
- 50 g (1,76 oz) of sugar
- 80 g (2,82 oz) of breadcrumbs
- cooking twine

Preparation method

• Step 1

Peel the cabbage off the outer leaves. Cut the bottom 4-5 cm (1,57-1,97 inches) at the head (so that it can cover the stuffed cabbage). Use a spoon to carve out the centre so that there is approximately 2.4 cm (0,94 inches) of wall on each side.

• Step 2

Chop the cabbage from the inside with the raisins, add the remaining ingredients, mix thoroughly and knead so that the cabbage releases juice.

• Step 3

Fill the carved-out centre of the cabbage with the mass.

• Step 4

Cover with bottom, tie with twine.

• Step 5

Move it to a pot, pour water over, cover and cook until tender.
You can eat cabbage alone or as a vegetable side dish.

Smaczego!

