

STUFFED CABBAGE

CHOU FARCI



Stuffed Cabbage / Chou Farci Recipe

Serves 8.

1 large savoy cabbage, remove core, blanch in boiling salted water for 4 min. Cool in ice water – drain and pat dry

4 ounces (120g) grated parmesan or a mix of 3 aged cheeses such as gouda, manchego, parmesan...

2 ea. (100g) eggs

1 Tbsp (15ml) olive oil

8 ounces (250g) carrot, diced

1 ea. (250g) onion, chopped

1/4 cup (60g) water, white wine or stock

2 ea. garlic cloves, chopped

1 bunch Italian parsley leaves, washed and pat dry

7 ounces (210g) prosciutto

1 lb. (450g) ground pork or veal or both (50/50)

Ground black pepper and salt.

2 qt (2L) stock: vegetable, chicken or beef + a couple fresh thyme sprigs and one bay leaf.

Tomato sauce for plating.

Stuffing & Molding

Chop the blanched cabbage heart and other damaged leaves; reserve in a large bowl. Meanwhile, sautee onions and carrots with olive oil for 6 min, season with salt and pepper and throw in garlic and cook for 2 min more. Add water, stock, or wine and cook for 2 min more. Cool carrot mixture over a baking tray. In a food processor blend parsley with prosciutto and add it to the chopped cabbage. Add the cool carrot-onion mixture, cheese, ground meat and eggs. Season with ground black pepper and a pinch of salt (do not over salt since cheese brings out saltiness).

Line a 9.5 inch (24cm) diameter bowl with a large sheet of plastic wrap. Overlap with the large cabbage greens first and add a second layer; save some for the top. Fill up with stuffing and top with more greens. Fold over greens from the sides and grab plastic wrap and gently squeeze to create a nice round. Add more plastic wrap if necessary. Freeze stuffed cabbage for an hour to set. Cut 14 bucher twine into 11 inch/27cm strips crossing them over the countertop. Unwrap stuffed cabbage and place in the center. Bind up chou with bucher twine. Meanwhile, bring stock to boil. Place the chou farci inside a large pot or dutch oven, pour hot stock and herbs. Bring to boil, cover and finish cooking in the oven for 55 minutes at 350°F/180°C. Remove from oven and let sit for 10 to 15 min – remove lid and check the internal temperature; it should be at 150°F/65°C. Remove cabbage from the pot and let drain onto a cooling rack for 30 minutes. Save that delicious broth!...Cut off twines and luster chou farci with olive oil. Slice out into 8 portions. Serve with hot chunky tomato sauce – Bon appétit!

