

Cabbage Rolls Stew Recipe

Ingredients: Serves 4

300g minced pork or chicken with a little fat
2 young cabbages
3 large potatoes, peeled and cut into wedges
2 carrots, peeled and cut into finger lengths
1 large onion, peeled and sliced
5cm length cinnamon stick
10 black peppercorns
3 cloves
1 to 1½ teaspoons salt
½ teaspoon white pepper powder
½ egg
1 teaspoon corn flour, optional
3 cups water
2 tablespoons vegetable oil

Method:

Peel the outer leaves of the cabbage, leaving them whole. (You should get 10 leaves of about equal size from each cabbage). Blanch 4 to 5 leaves at a time in boiling water for about 30 seconds; drain and set aside. To make the filling, mix the minced pork with the egg, ½ teaspoon salt and ¼ teaspoon of pepper. Put a tablespoon of filling at the stem end of each cabbage leaf and roll it the way you would a poh piah. Heat 2 tablespoons oil in a large flat-based pot; add the onion, cinnamon stick, peppercorns and cloves and stir-fry for 4 to 5 minutes. Add potatoes, carrots and 3 cups water. Boil and season with ½ to 1 teaspoon salt and ¼ teaspoon pepper. Simmer for 15 minutes on low heat until vegetables are cooked. Remove vegetables and set aside. Ease the cabbage rolls into the boiling gravy individually, with the stem end downwards. Bring to the boil before turning the heat down to low. Leave cabbage rolls to simmer, covered, for 10 to 15 minutes. Add the vegetables and simmer for a few more minutes before serving as a one-dish meal or with steamed rice.