

# Japanese-Style Stuffed Cabbage

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● Ingredients (8 stuffed cabbages)

1 lb. Ground Chicken

16 pieces Cabbage Leaf

1 Onion

$\frac{1}{2}$  tsp. plus  $\frac{1}{2}$  separate tsp. Salt

$\frac{1}{4}$  tsp. plus  $\frac{1}{4}$  separate tsp. Black Pepper

3 cups Chicken Stock



## ● Prepare Cabbage



Cut around the core and peel 16 leaves of cabbage carefully so as not to break them.



In a big stockpot, boil enough water to cover all of the leaves. Boil the leaves for 5 minutes over medium-high heat and drain.



Shave the hard part of the cabbage ribs.

## ● Prepare Filling



Chop an onion.



Heat 1 Tbsp. of vegetable oil in a pan and cook the chopped onion over medium heat until it is caramelized.



Let it cool down.





In a bowl, combine  
1 lb. of ground chicken  
The caramelized onion  
1 egg  
 $\frac{1}{2}$  tsp. of salt  
 $\frac{1}{4}$  tsp. of black pepper

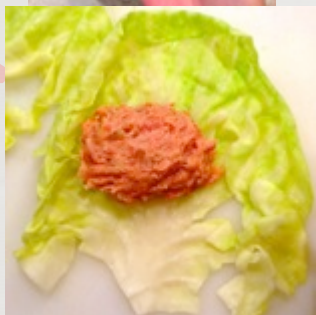


Mix well into a gruel.

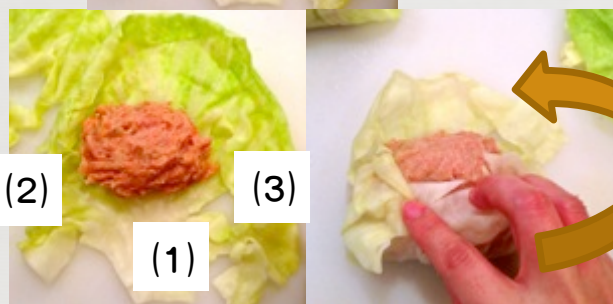
## ● Wrap



Divide the filling into 8 equal parts.



Place one portion of the filling on the middle of a smaller cabbage leaf.



At first fold the leaf in the numerical order shown in the picture, and then roll up away from yourself.





Place the stuffed cabbage on a bigger leaf with the seal side down and fold in the same way.

## ● Cook



Place the stuffed cabbage tightly in a sauce pan with the seal side down.

Pour in 3 cups of chicken stock carefully. Make sure there is enough stock to cover all of the stuffed cabbage.

Put a plate that fits in the pan on top of the stuffed cabbage to prevent the cabbage from turning outward.





Add  $\frac{1}{2}$  tsp. of salt and  $\frac{1}{4}$  tsp. of black pepper between the edge of the plate and the pan.



Heat over high heat.  
When it boils, turn the heat down to low, put a lid on and simmer for 40 minutes.



After 40 minutes, remove the plate and carefully transfer the stuffed cabbage and the soup to a serving plate.

Enjoy!

