

KRAUT STUFFED PURPLE CABBAGE

The deep hue of our “Red Express” cabbage makes for a dramatic presentation to a simple dish. Make good use of your whole vegetable by keeping the outer leaves that have more tenacity for rolling. Try using different grains in the mix or vary the style by using Kimchi & rice, or Rosemary Turnip kraut & Orzo pasta. This recipe requires a stove top steamer or rice cooker to finish cooking the leaves.

INGREDIENTS

12 - 14 Red Cabbage leaves

1 Cup dry Couscous

2 Cups Sauerkraut, any variety

3 - 4 ounces Feta Cheese, crumbled

DIRECTIONS

Bring 2 Quarts of salted water to a boil and turn off. Add cabbage leaves and steep for 10 minutes.

Meanwhile cook Couscous to packet directions, and fluff with a fork. I like to add butter or oil, as well as a touch of salt before cooking.

When ready, remove cabbage leaves from steeping water and place in a strainer to cool off.

Use a utility knife to cut the firmest sections of rib from leaves with a V. Lay each piece on a chopping board and begin to assemble:

First with Couscous, then cheese and then Sauerkraut. Fold the ends up and then roll firmly over before securing with a toothpick.

Place seam side down in a steamer pot. Arrange in an even layer and stack carefully staggered if needed.

Steam over medium heat for 10 minutes.

Serve with a spicy sauce and sour cream.