

Meatless Cabbage Rolls

Lebanon

INGREDIENTS:

Servings: 2 people

Stuffing:

Chopped spring onions	small bunch
Olive oil	2 tbs
Long-grain rice	50 g
Drained canned chickpeas	30 g
Chopped parsley	small bunch
Chopped dill	a handful
Canned chopped tomatoes	1/2 small can
Ground allspice	pinch
Ground cardamom	pinch
Salt and freshly ground pepper	to taste

Cabbage leaves	4
or silver beet leaves	
Olive oil	2 tbs
Lemon juice	2 tsp
Chopped fresh mint	a handful
or dry mint	1 tsp
Sliced garlic clove	1
Tomato paste	1 tsp

Servings: 4 people

Stuffing:

Chopped spring onions	small bunch
Olive oil	3 tbs
Long-grain rice	75 g
Drained canned chickpeas	60 g
Chopped parsley	small bunch
Chopped dill	a handful
Canned chopped tomatoes	1/2 small can
Ground allspice	pinch
Ground cardamom	pinch
Salt and freshly ground pepper	to taste

Cabbage leaves	8
or silver beet leaves	

Olive oil	60 ml
Lemon juice	1 tbs
Chopped fresh mint or dry mint	a handful 1 tsp
Sliced garlic clove	1
Tomato paste	1 tsp

Servings: 6 people

Stuffing:

Chopped spring onions	medium bunch
Olive oil	3 tbs
Long-grain rice	100 g
Drained canned chickpeas	100 g
Chopped parsley	medium bunch
Chopped dill	a handful
Canned chopped tomatoes	1/2 small can
Ground allspice	1/4 tsp
Ground cardamom	1/4 tsp
Salt and freshly ground pepper	to taste

Cabbage leaves or silver beet leaves	12
Olive oil	75 ml
Lemon juice	2 tbs
Chopped fresh mint or dry mint	a handful 1 tsp
Sliced garlic clove	1
Tomato paste	1 tsp

Servings: 8 people

Stuffing:

Chopped spring onions	medium bunch
Olive oil	60 ml
Long-grain rice	125 g
Drained canned chickpeas	120 g
Chopped parsley	medium bunch
Chopped dill	small bunch
Canned chopped tomatoes	1 small can
Ground allspice	1/4 tsp
Ground cardamom	1/4 tsp
Salt and freshly ground pepper	to taste

Cabbage leaves or silver beet leaves	16
Olive oil	100 ml
Lemon juice	3 tbs
Chopped fresh mint or dry mint	a handful 1 tsp
Sliced garlic cloves	1-2
Tomato paste	2 tsp

Servings: 10 people

Stuffing:

Chopped spring onions	large bunch
Olive oil	75 ml
Long-grain rice	150 g
Drained canned chickpeas	150 g
Chopped parsley	large bunch

Chopped dill	small bunch
Canned chopped tomatoes	1 small can
Ground allspice	1/2 tsp
Ground cardamom	1/2 tsp
Salt and freshly ground pepper	to taste

Cabbage leaves or silver beet leaves	20
Olive oil	1120 ml
Lemon juice	3 tbs
Chopped fresh mint or dry mint	a handful 1 tsp
Sliced garlic cloves	2
Tomato paste	2 tsp

Servings: 12 people

Stuffing:

Chopped spring onions	large bunch
Olive oil	80 ml
Long-grain rice	200 g
Drained canned chickpeas	180 g
Chopped parsley	large bunch
Chopped dill	small bunch
Canned chopped tomatoes	1 small can
Ground allspice	1/2 tsp
Ground cardamom	1/2 tsp
Salt and freshly ground pepper	to taste

Cabbage leaves or silver beet leaves	24
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Olive oil	120 ml
Lemon juice	60 ml
Chopped fresh mint or dry mint	a handful 1 tsp
Sliced garlic cloves	2
Tomato paste	1 tbs

TOOLS:

Chef's knife
Cutting board
Frying pan
Bowls
Wooden spoon
Pepper mill
Juicer
Saucepan
Slotted spoon
Colander
Small knife
Large wide saucepan with a lid
Heat-proof plate

INFO:

Because light and easy to digest, this dish is traditionally served at the last meal preceding Moslem fast days. Because of its delicacy, it is also served on birthdays and at engagement parties.

TIME:

prep time : 01:30
cook time : 02:00

PREPARATION:

Heat half of the olive oil in a frying pan and then fry the spring onions for 2 minutes. Transfer the onions and the oil to a bowl. Add the rest of the stuffing ingredients. Mix well. Season to taste with salt and freshly ground pepper.

Boil water in a saucepan. Core the cabbage then separate the leaves. Blanch the cabbage leaves in the boiling water, 2-3 at a time. Remove with a slotted spoon. Place in a colander and let drain.

Cut off the rib of each leaf. Line the bottom of a large saucepan with the ribs and any damaged leaves.

Place 1-2 tbs of stuffing on each leaf (depending on the leaf's size). Roll the leaf.

Pack the rolls side by side in the pot. Combine the olive oil, lemon juice, mint, garlic and tomato paste (if using) in a bowl. Mix well. Spread this mixture over the rolls. Season to taste with salt and freshly ground pepper. Cover the rolls with a heat-proof plate. Cover the plate with water. Bring to a boil. Cook over low heat for 2 hours. Rest for 30 minutes and then serve lukewarm.