



Nutrition Facts Per 100 Grams of Leaves: Calories 93, Protein 2g, Carbs 17g, Fat 4g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 5 min, **Cooking Time:** 100 min



INGREDIENTS

Rolled Stuffed Cabbage Leaves (800 grams - with rice and parsley)

Cabbage Leaves Trimmings

Sauce Mix (tomato paste, dry mint and lemon base)

Garlic

METHOD

1. Mix sauce with water (800ml water for one plates of stuffed cabbage leaves).
2. Into a suitable pot, pour enough sauce to just cover the base with a thin layer, arrange cabbage trimmings over, add half the garlic halves.
3. Gently arrange the stuffed cabbage over the trimmings, Line gently but tightly and as evenly as possible. Add remaining garlic halves and the sauce mix.
4. Cover with a heat proof plate, then place over low heat. Place a weight over the plate. I use a stone pestle and mortar. Make sure it is heat and moisture proof and can be cleaned easily.
5. Cook over low heat for 1½ hours or until most liquid is absorbed and cabbage leaves are soft. Remove from heat and rest for 5 minutes or so.
6. Carefully tip extra liquid into a bowl and set aside for serving.
7. Remove weight and carefully remove plate. Place a large, semi-deep serving dish over the pot and using heat mittens carefully turn the pot over the plate. Tap a few times then lift the pot. Serve immediately with collected sauce.

BON APPETIT