Cabbage Leaves with Rice & Split Peas Stuffing94

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URL: Iranian food
Servings: 5
Yield: 3 rolls per serving

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1 1/2 cup diced tomatoes
2 large heads green cabbage
1/4 cup rice
1/4 cup green split peas
1 lb tofu drained, frozen & defrosted
1 tsp tarragon
1 tsp dill weed
1 tsp cumin
1/2 tsp black pepper
1/2 tsp red pepper flakes
1/2 tsp cinnamon
1/2 tsp paprika
1 onion
2 Tbs fresh mint (if available)
2 Tbs tomato paste
1/2 cup scant molasses
1/3 cup lemon or lime juice

Quickly blend diced tomatoes in bullet or blender to mince but not turn into liquid. This is the tomato puree.

Bring a large pot of water to a boil. Core the cabbage or just cut around the core to separate the top leaves from the core. Immerse whole cabbage in the pot of water for 3-5 minutes until leaves start to easily come off. Peel whole head to get 16 tear free leaves (use the large ones) and some for bedding. Repeat with 2nd head if needed.

Chop or mince onion.

In a 9" x 13" pan put 3-4 layers of the smaller cabbage leaves down.

Make filling: put rice and peas in a pot with 3 cups water and cook for about 30 minutes then drain. Squeeze tofu and cut tofu into cubes. Sauté onion in a large pan then add spices, rice mixture, tofu and tomato paste and mix well -this is the filling.

Make sauce with the molasses and lime juice.

Take a heaping tablespoon of filling and place in center of a large leaf and fold tightly to prevent filling from spilling out. Make 16 and they should fit 4 rows of 4. Cover with the tomato puree, cover with aluminum foil and seal tightly and bake for 30 minutes. Baste with the syrup mixture and bake another 15 minutes.

Re-baste the syrup over the tops, put foil back on and bake another 15 minutes. Serve the cabbage rolls with the cooked cabbage bedding with a side of rice or bread.

Per Serving (excluding unknown items): 65 Calories; trace Fat (6.4% calories from fat); 2g Protein; 14g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 60mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fat.