



Walnut Stuffed Cabbage

Tomato and Roasted Red Pepper Coulis

Makes 8 rolls

Walnut Stuffing Ingredients:

Spelt, soaked 8 hours or overnight	½ cup
English Walnuts, rinsed well, chopped	2 cups
Pumpkin Seeds, blended in food processor	¾ cup
Onion, small dice	⅔ cup
Carrot, small dice	⅓ cup
Celery, small dice	⅔ cup
Parsley stems, minced	1 Tbsp
Granny Smith Apple, peeled and diced	1 each
Sweet Paprika	2 tsp
Caraway, freshly ground	½ tsp
Olive Oil	2 tsp
Celtic Salt	1 ½ tsp
Large Green Cabbage leaves, blanched	8 each

Stuffed Cabbage Method:

- Preheat the oven to 350 degrees.
- In a medium sauce pot bring 1 ½ cups of water to a boil, add spelt. Turn down heat to a simmer. Let simmer for 45-60 minutes, until chewy but tender. You may need to add more water. Strain.
- In a large sauté pan heat olive oil. Sauté onions, carrot, celery and parsley stems until soft.
- Add walnuts, apple, paprika and caraway. Continue to sauté for two minutes.
- Remove from heat. Fold in spelt. Season with salt.
- Let the mixture cool slightly. Using your hands, work in the pumpkin seeds. Incorporating them in well aids in binding of the mixture.
- Roll each leaf of cabbage with a rolling pin to tenderize the ribs.
- Place stuffing in the center of each leaf. Fold in the ends and roll.
- In an oven safe pan with a lid, place the stuffed cabbage leaves and 1 cup of water or vegetable stock in the oven. Cover and let steam for 50-60 minutes.

- The cabbage is done when the leaves are tender.

Tomato and Roasted Red Pepper Coulis Ingredients:

Roma tomatoes, diced	3 each
Roasted Red Bell Pepper	1 each
Tomato powder (or 2 sun-dried tomatoes)	1 Tbsp
Lemon Juice, freshly squeezed	1 tsp
Olive Oil	1 Tbsp
Celtic Salt	1 tsp

Tomato and Roasted Red Pepper Coulis Method:

- Place all ingredients in a blender. Puree well. Heat just before serving.