



A TASTEFUL PLACE  
AT THE DALLAS ARBORETUM

## Cabbage Wrapped Rolls

### Hero Vegetable: Cabbage

#### Ingredients

- 1 head of cabbage (Napa preferred)
- 1 c mushrooms
- ¾ c firm tofu, pressed and crumbled
- ½ c carrot, minced
- 3 scallions, finely diced
- 2-4 cloves garlic, minced
- 1 tsp fresh ginger, grated
- 1 ½ tbsp soy sauce
- 1 tsp sesame oil, optional
- 1 tbsp neutral oil, just enough to cover the bottom of the pan
- ½ tsp white pepper
- 1 tsp cornstarch
- Dipping sauce, optional

#### Directions

In a large pot, bring water to a boil. Separate the cabbage leaves and boil for 1-2 minutes or until flexible. Drain and pat dry, so as not to tear the leaves. Trim the thicker part of the stem to make it easier for rolling and set aside.

For the filling:

Pour neutral oil in a pan until it just covers the bottom and heat over medium heat for a few minutes. Add mushrooms and cook until they are lightly browned and have shrunk in size (indicating they've evaporated moisture). Add garlic and ginger and cook until fragrant. Stir in all other ingredients, except for the dipping sauce and saute until it's fragrant and is able to roughly hold it's shape (does not have to hold together well, just enough that it will be easy to roll). Let it cool before filling the cabbage rolls.

Lay your blanched cabbage leaves with the stem facing down. Roughly fill with 2 spoonfuls of filling closer to the base of the leaf. Fold in the sides and then roll tightly into a compact cylinder and place the seam on the bottom. In a steamer lined with cabbage scraps or parchment, steam for 6-8 minutes, or until hot and tender.

Optional: In a small bowl mix a little bit of vegetable stock, soy sauce, a ½ tsp of sugar and sesame oil and set aside. Using a brush you can glaze the cabbage rolls to add a little more flavor for 1-2 minutes, however this is completely optional.

Garnish with scallions or toasted sesame and serve with dipping sauce as a side dish to bring in the lunar new year.