

CHICKEN-FILLED CABBAGE ROLLS

MAKES 8 CABBAGE ROLLS

1 medium green cabbage	1 ½ Tablespoons soy sauce
6 green onions	3 Tablespoons water
2 Tablespoon vegetable oil	1 Tablespoon lemon juice
1 pound ground chicken or turkey	Black pepper to taste
1 teaspoon granulated sugar	For the sauce:
A small piece of fresh ginger, peeled (2- ¹ / ₂ Tablespoons, chopped)	½ cup rice vinegar
1/2 cup canned water chestnuts	½ Tablespoon soy sauce
	1 teaspoon sesame oil

Bring a large pot of salted water to boil. Remove and discard core from cabbage. Put cabbage in boiling water, cover, and gently boil for 5-10 minutes until head is softened. Drain well, and set aside to cool.

Finely chop green onions. In a medium skillet over moderate heat add vegetable oil. Cook chicken or turkey over medium heat until well done. Add onions, stirring for about 3 minutes. Stir in sugar. Finely chop ginger to measure 2-¹/₂ Tablespoons. Finely chop water chestnuts. Add ginger and water chestnuts to meat mixture, along with 1-¹/₂ Tablespoons soy sauce, water, lemon juice, and black pepper to taste. Mix well and cook 1 minute more. Remove from heat and transfer to a bowl. Cool slightly.

To prepare sauce, whisk together rice vinegar, ¹/₂ Tablespoon soy sauce and sesame seed oil until combined well.

Peel off eight cabbage leaves from cooled head. Place 4 Tablespoons of filling in center of each leaf and drizzle 1 teaspoon sauce over each mound of filling. Fold stem end over filling, then fold in sides and roll up. Serve immediately, using extra sauce for dipping.

Skills Developed

Measure	Chop
Mix	Brown
Peel	Sauté
