



Makes 4 servings
Preparation Time: 45 minutes
Cook Time: 30 minutes

INGREDIENTS:

½ cup dry kasha (roasted buckwheat groats)

½ cup raw cashews

1 2½- to 3-lb. cabbage (savoy, if possible)

2 cups chopped fresh cremini mushrooms

½ cup finely chopped onion

4 cloves garlic, minced

½ teaspoon caraway seeds

1 cup chopped tart apple

½ cup chopped roasted chestnuts or toasted hazelnuts

⅓ cup golden raisins

1 teaspoon dried summer savory, crushed

½ teaspoon sea salt

¼ teaspoon freshly ground black pepper

2 cups cubed (½-inch cubes) whole grain rye bread or multigrain bread

½ to ¾ cup low-sodium vegetable broth

½ to ¾ cup unsweetened, unflavored plant-based milk

2 tablespoons apple cider vinegar

1 tablespoon pure maple syrup

3 tablespoons whole grain mustard

1 recipe Apple Cider Reduction (optional, see “Tips” in recipe intro)

Chopped fresh parsley

Stuffed Whole Cabbage with Kasha and Mustard Cream

This spectacular stuffed whole cabbage is fit for any celebration table. A savoy **cabbage** works best (if possible) here, as it has a milder, sweeter flavor than classic green cabbage, but feel free to use green cabbage if that’s all you can find. Nutty kasha (aka roasted **buckwheat** groats), umami-rich mushrooms, and cubes of whole grain bread give the filling an earthy, comforting vibe. Chopped apple provides a fruity lift, but what really takes the roof off is biting into the occasional plump raisin or crunchy roasted chestnut (or hazelnut). Serve each cabbage quarter with a dollop of creamy mustard sauce and, if you’re going all out, a drizzle of tangy-sweet Apple Cider Reduction (recipe in the tip below).

Tips

Apple Cider Reduction: In a medium skillet combine 1 cup apple cider and ⅓ cup apple cider vinegar. Bring to boiling; reduce heat. Simmer, uncovered, 15 minutes or until reduced to a syrupy consistency. Stir in 1 tablespoon pure maple syrup and freshly ground black pepper to taste.

Makes ¼ cup

Gluten-free version: To make this stuffed cabbage gluten-free, use gluten-free bread, and check the label when purchasing whole-grain mustard, as some brands aren’t gluten-free.

For more inspiration, check out these tasty ideas:

- [Quinoa-Stuffed Butternut Squash with Savory Gravy](#)
- [Savoy Cabbage Rolls](#)
- [Kale Arrabbiata-Stuffed Spaghetti Squash](#)
- [Provençal Stuffed Onions with Lentils, Quinoa, and Kale](#)

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- 1 In a small saucepan bring 1 cup water to boiling. Add kasha. Return to boiling; reduce heat. Cover and simmer 15 to 20 minutes or until tender and water is absorbed. Place cashews in another small saucepan. Add water to cover. Bring to boiling; reduce heat. Simmer, uncovered, 10 minutes; drain.
- 2 Preheat oven to 400°F. Place cabbage stem side down in a large Dutch oven. Score a 4-inch circle in top of cabbage and carefully cut out center cabbage leaves to make a 1-inch-thick shell. Reserve cut-out cabbage for another use. (Refrigerate it in an airtight container up to 1 week.)
- 3 In a large nonstick skillet cook mushrooms, onion, garlic, and caraway seeds over medium-high 8 minutes, stirring occasionally and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking. Remove from heat. Stir in cooked kasha and the next six ingredients (through pepper). Stir in bread cubes and enough broth so stuffing holds together.
- 4 Spoon stuffing into cabbage, packing tightly. Add 1 cup water to Dutch oven. Cover and bake 45 minutes or until cabbage is tender when pierced with a sharp knife.

- 5 Meanwhile, for mustard cream, in a blender combine soaked cashews, ½ cup of the milk, the vinegar, and maple syrup. Cover and blend until smooth, adding milk as needed to reach desired consistency. Add mustard; pulse to combine.
- 6 Carefully remove cabbage from Dutch oven. Cut into wedges. Serve drizzled with mustard cream and, if you like, Apple Cider Reduction (see “Tips” in recipe intro). Sprinkle with parsley.