

Sukkot: Harvest for the Holidays

MEAL INSPIRATIONS FOR SUKKOT come from the harvest origins of the holiday. Your *Emanu-El Eats* Committee has the perfect recipe for you to try: a very special **Stuffed Cabbage** from congregant **Ruth Rabb**. Self-contained foods such as stuffed cabbage, kreplach and strudels are generally popular choices for dining in a sukkah. According to Ruth, “I served this very non-Italian recipe from my mother to guests in Rome who loved it.”

STUFFED CABBAGE

Courtesy of Ruth Rabb...
(Serves 10 to 12)

- 1 large cabbage, about 3 pounds
- 3 small onions, two of them sliced and one grated
- 2 small apples, peeled, cored and sliced
- 2 pounds ground beef
- 1 cup uncooked rice
- 1 egg, lightly beaten
- Salt and fresh pepper, to taste
- 28-ounce can crushed tomatoes
- ¼ cup raisins
- 1 lemon, juiced
- ¼ cup tightly packed brown sugar
- 4 ginger snap cookies, crushed



1. Preheat oven to 350 degrees F.
2. Fill a pot large enough to hold the cabbage with water and bring to a boil. Core cabbage and let it sit in boiling water 5 minutes. Remove and separate leaves; set aside.
3. Place the sliced onions and apples in the bottom of a 5- to 6-quart covered casserole; set aside.
4. In a bowl, mix beef with grated onion, rice, egg, ½-cup water, and salt and pepper to taste. Roll about 1 tablespoon ground beef mixture in each cabbage leaf and place in a pan atop the onions and apples.
5. In a large bowl, mix crushed tomatoes, raisins, lemon juice, brown sugar and ginger snaps together with 1 cup water and 1 teaspoon salt or to taste. Pour mixture over cabbage rolls. Top with additional cabbage leaves. Cover pot and bake in preheated oven for about 2½ hours.

