

Treasured Recipes from Two Cultures - American and Chinese

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STUFFED CHINESE CABBAGE ROLLS

1 head Chinese Cabbage (Shew Choy). Stem and leaves are both used but trim size to approximately 4" to 5" long and 2" wide for uniform size rolls.

Chicken soup (or if not available, boiling water) sufficient to cover leaves for parboiling until they are flexible enough to be rolled.

Filling: 1 lb. ground pork
4 water chestnuts (Mai Tai) peeled and chopped fine
1 small pc. 2" square Chung Choy, chopped
1 stalk celery, chopped fine ← can omit
1/2 dry onion, chopped fine
4-5 dried Chinese mushrooms, presoaked 3 hrs. and chopped fine ← can soak overnight
2 Tbl. bread crumbs

Combine all ingredients for filling, seasoning with 1 Tbl. soy sauce, 1/2 tsp. salt, 1/4 tsp. pepper, 1 tsp. salad oil, and 1 tsp. cornstarch.

↑ can use sesame oil.

Put a heaping tablespoonful of filling mixture on each wilted Chinese cabbage leaf, form to fit and roll. The meat is exposed at both ends. Place rolls on shallow steaming dish and steam 40 minutes.

After steaming, pour juice from dish. Make a cornstarch paste by mixing 2 tsp. cornstarch with 1 Tbl. water. Heat juice and stir in sufficient cornstarch mixture to thicken gravy. Pour gravy over top of cabbage rolls. Garnish with Chinese parsley and chopped green onion. Serve.

Variation: Add some garlic salt or chopped Chinese sausage (Lop Cheung). May also substitute ground beef.

Mrs. Violet Chan

preserved turnip