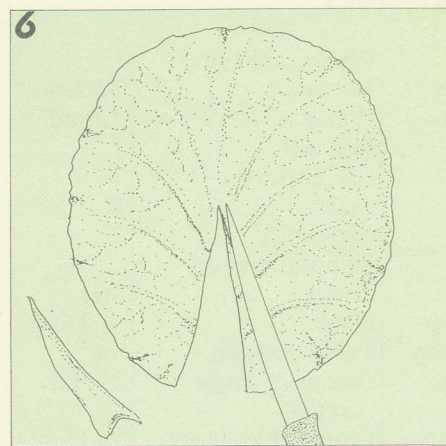
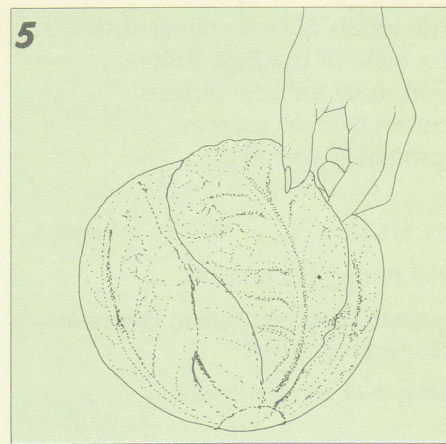
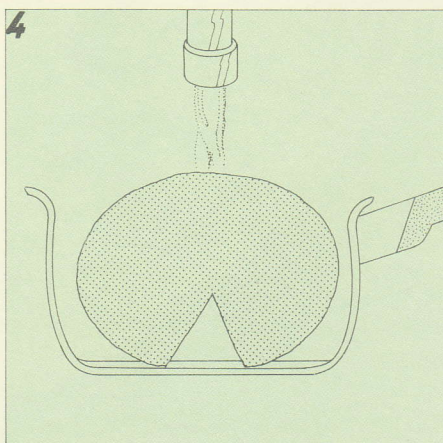
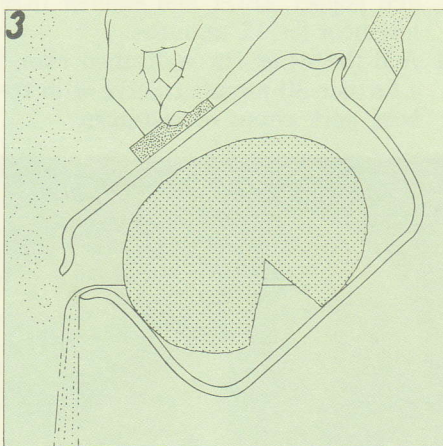
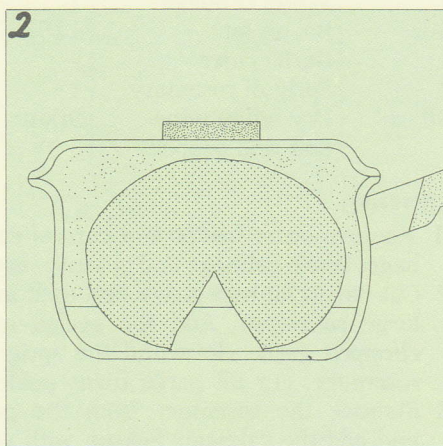
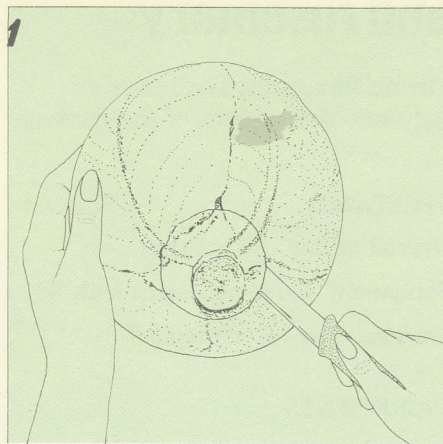
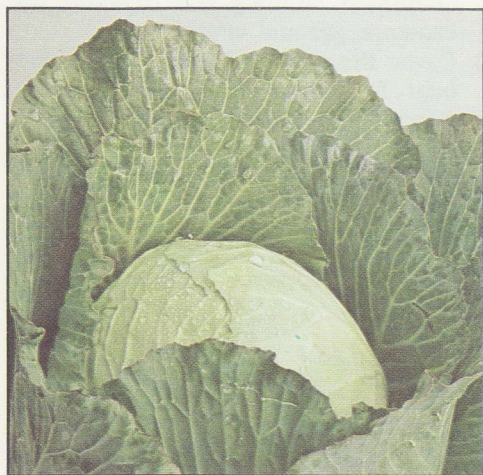
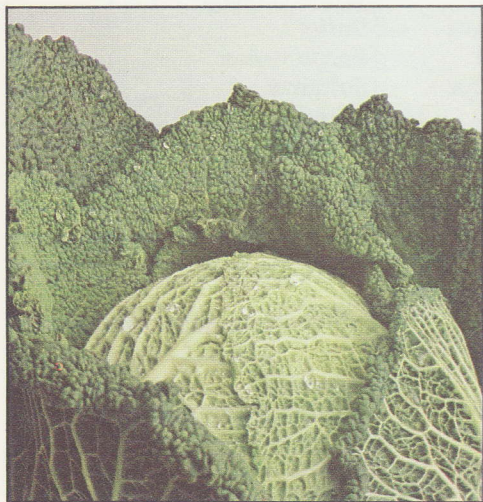


## Preparing cabbage for stuffing



**1** Remove any marked outer leaves, then trim stalk by making a cone-shaped cut with a sharp knife 2 to 3 inches (5 to 7.5cm) into the core.

Removing this portion of the core will allow steam to penetrate rest of cabbage

**2** Bring 1½ inches (4cm) of water to boil in a saucepan (use one that holds cabbage without too much room left over). Place cabbage base down in pan, cover and cook for 5–7 minutes

**3** Hold lid and tilt pan to drain off boiling water

**4** Cool cabbage, in pan, under cold running water. Drain again, as Step 3, then lift cabbage out and place on work surface

**5** Leaves can now be carefully pulled away from cabbage. Use the outer ones for Chou farci à la niçoise (recipe page 337). When cooking Dolmas (recipe page 333) use the heart, cut in two, as a weight to prevent them unrolling

**6** If using leaves for Dolmas, it's best to remove the thick ribs. Before removing leaves, cut out more of the core with a sharp knife. Larger leaves can be cut in two before being stuffed and rolled – see recipe