

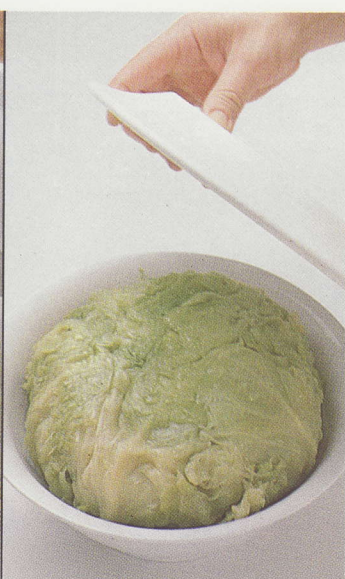
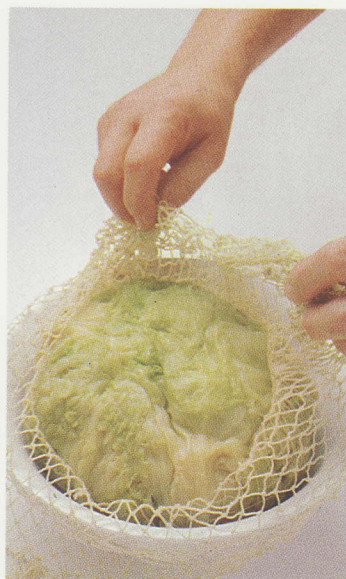
2 Stuffing the cabbage. Chop the heart finely, squeeze out excess water with your hands, and mix the chopped leaves with the other ingredients of the stuffing. Place the net and cabbage in a bowl. Pack stuffing into the hollow centre, moulding it into a ball approximately the same size and shape as the heart.



3 Capping the stuffing. To help keep the stuffing intact during the long cooking, press one or two large leaves over it. Use leaves that have broken off during boiling or detach them for the purpose. Secure them by pressing extra stuffing around their edges (*above*).



4 Closing up the cabbage. Gently fold all the remaining outer leaves back into place, so that they overlap and enclose the stuffing completely, and the cabbage resumes its original, rounded shape.



7 Unwrapping the cabbage. Place the cabbage in a bowl, cut the string and pull back the net or muslin (*above, left*). Lay a plate on top of the cabbage, then turn plate and cabbage over together. Lift away the bowl (*above, centre*) and remove the net. Finally, replace the bowl on the cabbage and invert the plate and the bowl once more so that the cabbage is stem side downwards and ready to serve when the plate is removed.



8 Serving the cabbage. Serve the stuffed cabbage directly from the bowl, so that it retains its shape as it is cut into portions. Slice it as if it were a cake, and pour a little cooking liquid over each portion. □