

Cabbage Parcels with Vegetarian Boudin Noir, Roots & Mustard

Serves 8

From Jeremy Fox, executive chef of Ubuntu in Napa.

- 1 cup Italian black rice (see Note)
- ¼ cup peeled, ¼-inch diced Granny Smith apples
- ½ teaspoon each cinnamon, mace and black pepper
- Small pinch ground nutmeg
- ½ tablespoon granulated sugar
- 1 teaspoon minced parsley
- Kosher salt
- 2 teaspoons extra virgin olive oil
- ½ medium onion, chopped
- 1 teaspoon fresh thyme leaves
- 20 baby turnips, peeled and halved, or 2 regular-size turnips
- 20 baby carrots, peeled and halved, or 5 regular-size carrots, quartered lengthwise
- 4 kohlrabi, peeled and cut into 1-inch pieces
- 1 tablespoon unsalted butter + more for cabbage rolls
- 1 teaspoon Dijon mustard + more to taste
- 16 large savoy cabbage leaves (from 1 to 2 heads, depending on size)
- 20 French breakfast radishes
- Freshly ground pepper, to taste

Instructions: Bring 3 cups water to a boil. Add rice, cover and cook on medium-high heat for 25-30 minutes. Spread rice on a baking sheet to cool, then stir in apples, spices, sugar and parsley. Season to taste with salt.

Meanwhile, add 1 teaspoon oil to a small saute pan over medium heat. Add onion and thyme and cook until softened, about 5 minutes. Add to rice mixture, stir to combine. Season to taste with salt.

Place turnips, carrots and 1 teaspoon salt in a medium pot with water just to cover. Bring to a simmer and cook until the vegetables are just tender, about 8-10 minutes. Let cool in cooking liquid, then strain and reserve liquid.

Add kohlrabi to pot with the reserved liquid. Add the butter, bring to a simmer, and cook until kohlrabi is completely soft, about 20 minutes.

In a food processor or blender, whirl kohlrabi with mustard, adding a little bit of cooking liquid as needed to make a smooth puree. Taste and add more mustard, if desired. Strain, using a spatula to push the puree through a fine-mesh sieve into a small pot.

Prepare an ice-water bath. With a vegetable peeler, follow the arc of the rib on each cabbage leaf to trim most of the rib away. Cook cabbage leaves in a pot of salted, boiling water for 1 minute, then immediately place in ice water to

stop the cooking. Remove from ice water and blot dry.

Arrange leaves on a clean kitchen towel. Spoon some rice into center of each leaf, fold leaves around rice, and roll tightly.

Preheat oven to 350°. Arrange cabbage rolls on a baking sheet. Top rolls with pats of butter, cover with foil and bake until heated through, about 20 minutes. Alternatively, set up a steamer for the cabbage and cook the rolls in a steamer basket over simmering water for about 8-10 minutes, until cabbage is cooked through and filling is hot. Keep rolls warm while finishing the recipe.

In a large saute pan, cook the radishes with remaining oil over medium-high heat until lightly browned, about 3 minutes. Add carrots and turnips, and season with salt and pepper. Rewarm kohlrabi puree over low heat.

To serve: Spoon some kohlrabi puree in center of each plate. Place two stuffed cabbages on top, arrange root vegetables around cabbage.

Note: Italian black rice, or *riso nero venere integrale*, is available at Lucca in San Francisco and online at kalustyans.com.

Per serving: 175 calories, 4 g protein, 33 g carbohydrate, 3 g fat (1 g saturated), 4 mg cholesterol, 373 mg sodium, 6 g fiber.