



Stuffed, Rolled and Simmered Brussels Sprouts Leaves

Serving:

6-8

Type:

Entree, Vegetarian, Vegan, Gluten-Free

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Notes:

If you can find brussels sprouts leaves at your farmers' market nab them. They are much easier to work with and less shtinky than cabbage leaves. This recipe takes a bit of work but once it's simmering in your slow cooker or in a pot on the stovetop, it doesn't need a bit of attention paid to it.

This recipe is vegan and gluten-free, making it an exciting, seasonal side dish for kosher keepers or a filling main for vegans and vegetarians.

Ingredients:

For the Simmer Sauce:

2 Tb. olive oil

1 medium onion, chopped

1 inch fresh ginger, peeled and minced, about 1 Tb. (can use powder)

½ inch fresh turmeric, peeled and minced, about 1 ½ tsp. (can use powder)

1 Tb. curry powder

¼ tsp. cumin

3-4 cloves garlic, minced

2 Tb. tomato paste

1 tsp. salt

A few twists of fresh ground black pepper

48 oz. vegetarian broth

1 can (13.5 oz) light coconut milk

Filling for the Stuffed Leaves:

12-14 brussels sprouts leaves, separated, rinsed, patted dry. Set aside.

3-4 lacinato (dinosaur) kale leaves, rinsed, patted dry and chopped

1 large carrot, grated (box grater is fine)

1 medium onion, grated (use same grater)

1 tsp. curry powder

1 Tb. fresh turmeric, minced

1 tsp. garlic, minced

1 tsp. salt and a few turns of cracked pepper

1 1/2 cups brown rice, cooked and cooled

Directions:

Make the simmer sauce:

Start by making your simmer sauce in a large saucepan (mine is 10" across). You may use non-stick but make sure it has deep sides.

Heat the olive oil and add onions. Saute 5 minutes until softened.

Add ginger, turmeric, curry and cumin to the pan and stir to warm spices, about 2 minutes.

Add garlic, tomato paste, salt and pepper and stir to combine. Saute for another 2-3 minutes.

Add vegetable broth and coconut milk. Stir and cover pot. Simmer on medium for 10 minutes.

Prepare the filling:

In a large mixing bowl, combine all of the ingredients listed under FILLING, except for the brussels leaves. Set aside.

Assemble and Cook:

Set up your workstation in the following order: brussels leaves, bowl with filling, simmer sauce. If you're using a slow cooker, have your insert next to the simmer sauce.

On a clean surface or a plate, place one leaf with curled edges facing up. Place 1-2 Tb. filling towards one end of the leaf and roll, tucking ends in as you go. It's ok to press down and crack the spine of the leaf as you secure the fold. Fold should be on the bottom of each leaf.

Place filled and rolled leaves into simmer sauce, ladling some of the sauce on top of the packets in pot and simmer, covered, on low for 2 hours. If

using a slow cooker, ladle half the sauce into the bottom of the insert, place the filled and rolled leaves in a single layer, if possible. Ladle remaining sauce on top of all. Cover and cook on low for 8-10 hours.

Tips:

If you plan to cook the rolled leaves in a pot on top of the stove, use the same pot you've made your sauce in. If you're using your slow cooker, sauce may be made ahead and transferred to the slow cooker once your leaves are filled and rolled.

If you'd like one less pot to wash, consider using frozen brown rice. Follow package instructions on how to heat it.