

# Ukrainian Potato Filled Cabbage Rolls with apple and walnuts

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## Ingredients

1 green or white cabbage large  
4 potatoes (Desiree, Kipfler, Dutch cream or Sebago) diced small  
Veggies of your choice I used kernels of 2 corn cobs and 2 cups kang kung leaves – you can use peas or spinach instead or your choice  
 $\frac{3}{4}$  tsp salt and a pinch  
1 onion finely diced  
1 tbsp olive oil  
 $\frac{1}{2}$  cup white wine or  $\frac{1}{2}$  cup apple juice  
 $\frac{1}{4}$ – $\frac{1}{2}$  cup pepita sprinkle (<https://www.veets.com.au/blog/non-dairy-sprinkles>)

## Sour Cream

1 cup cashews soaked for a few hours  
1 cup water  
1 tsp Dijon mustard  
2 cloves boiled garlic  
1 tbsp apple cider vinegar or 2 tbsp lemon juice  
Salt and pepper to taste

## Apple & Walnut Topping

1 green apple diced small  
 $\frac{1}{2}$  cup walnuts/pecans  
2 tbsp vegan butter or 1 tbsp neutral oil  
2 tsp maple syrup

## Method

1. Boil the potatoes in water with  $\frac{3}{4}$  tsp salt and 2 bay leaves. When they come to the boil add the other veg and cook on a simmer for 5–8 minutes or until the potatoes are cooked. Drain and season with pepper.
2. Fry the onion in oil and a pinch of salt. When cooked add to the potatoes.
3. Cut the core off the cabbage and peel off 8 cabbage leaves.
4. Bring a saucepan of water to the boil and add 4 cabbage leaves and cook for 5- 8 minutes or until the leaves are soft. Take the cabbage leaves out and put in a strainer. Cook the remaining 4 cabbage leaves like you did the first batch.
5. While the cabbage is cooking make the sour cream by placing everything in a blender. Blend until smooth.
6. Assemble the cabbage rolls:
  - ~ Take a cabbage leaf and place on a board and fill with 6th of the mixture (about 2 tbsp).
  - ~ Fold in the sides of the cabbage over the potato and fold up the leaf.  
Place the cabbage roll with seam on the bottom in a baking dish.
  - ~ Do this 5 more times. Use the left over cabbage to fill in the empty places in the baking dish.
  - ~ Pour the wine over the cabbage leaves with  $\frac{1}{2}$  cup water.
7. Place in 190°C oven for 30 minutes or until the liquid has evaporated (this may take less than 30 minutes).
8. Pour the sour cream over the cabbage parcels and sprinkle on the pepita sprinkle and place back in the oven for 20 minutes. If you want to brown the top you can then put it under the grill (optional).



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