

# Inbox

In her column titled "Cooking for Pesach" (*Simple Home Cooking*, 3-8), Yaffa Fruchter writes, "The problem with Pesach stuffed cabbage is that it is watery; in the chometz version the liquid in the filling is absorbed by the rice."

My mother, a"h, never put rice in her stuffed cabbage. (She felt that if one wanted to eat rice with stuffed cabbage, then it should be served as a side dish.)

My mother used either breadcrumbs during the year or matzo meal for her *Pesachdik* stuffed cabbage. Doing this produces stuffed cabbage that is not watery at all. Below is her recipe using matzo meal, which I guarantee is most delicious.

- 2 pounds of chopped meat
- 2 eggs
- Some matzo meal (enough to hold the chopped meat together, but not too much to make the mixture hard)
- Onion powder
- Garlic powder
- Dash of pepper
- 1 large can of tomatoes
- 1 large can (or two small cans) of tomato sauce
- Sugar or sweetener to taste
- Raisins
- 1 large head of cabbage



Use a large heavy pot with a good lid. Freeze the cabbage at least 4 days before you will use it. Two days before you are going to make the recipe, let it defrost in the refrigerator so the leaves will separate easily.

Mix the chopped meat, eggs, matzo meal, and spices together. Remove the leaves from the head of cabbage by first cutting out the top of the core, being careful not to break them. As you remove the leaves, remove more and more of the core.

Pour some of the tomato sauce into the pot on a low to medium flame. Add some (not too much) sugar or sweetener, and some raisins.

Wrap some of the chopped meat mixture with a cabbage leaf. Place in pot. Continue doing this. After you have covered the bottom of the pot, pour in some of the canned tomatoes and some more tomato sauce. Add some more sugar or sweetener and raisins.

Continue in this manner. Do not fill the pot till top, since the stuffed cabbage expands as it cooks. Bring to a boil, reduce heat, and let simmer for about an hour.

Remove from pot and place in flat aluminum pans. Cover with wax paper and aluminum foil and bake at 325 for an hour.

Let me add the following personal information. For years I have taken my grandsons regularly for haircuts. However, I felt bad, because I had no "activity" that I could do with my granddaughters. Four or so years ago I came up with the idea of **Stuffed Cabbage Sunday**. On the Sunday before Pesach – this year it will be two Sundays before – my granddaughters come to my house and help me make stuffed cabbage. (We have a Pesach kitchen which facilitates this.)

I have found this a very unique experience in which I spend special time with my granddaughters. You should see them busily at work making the stuffed cabbage! There are tasks that each one can do, no matter her age. When we serve the stuffed cabbage at a Pesach lunch, I point out proudly who made the food. My granddaughters love this!

*Professor Yfitychok Levine  
levine@stevens.edu*

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Chumi Friedman  
Magazine Editor

Jodie Maoz  
Copy Editor

Letters to the editor or our columnists may be e-mailed to [magazine@jewishpress.com](mailto:magazine@jewishpress.com)  
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