COOKING PASSION SINCE 1877

Steamed Asian Cabbage Rolls

DIFFICULTY: EASY

PREPARATION TIME: 20 MINUTES

COOKING TIME: 20 MINUTES

SERVES: 4-6

Ingredients

Rolls

12 Chinese cabbage leaves

750g chicken mince

2 garlic cloves, peeled and chopped

1 tbsp ginger, finely chopped

1 long red chilli, seeded & chopped

½ cup green shallots, chopped

1/3 cup coriander, chopped

1 x 230g can water chestnuts, drained and chopped

2 tsps fish sauce

2 tsps soy sauce

1 tsp sesame oil

Sauce

2 tsps peanut oil

1 tbsp ginger, finely shredded

1 garlic clove, sliced

Method

Preheat the oven on FullSteam at 100°C. Wash the cabbage leaves and place on the large perforated stainless steel tray. Steam on shelf position 2 for 3 minutes. Remove and allow to cool.

Combine the chicken mince with the remaining ingredients and mix well. Lay the cabbage leaves out onto a board and place a spoonful of the chicken mix at the root end of the leaf. Roll the leaf to encase the filling, folding in both sides to encase the filling. Continue to make 12 parcels.

Place the cabbage rolls onto the large perforated stainless steel tray. Steam on FullSteam 100°C for 14 to 15 minutes or until cooked.

While the rolls are cooking, prepare the sauce by heating a small frying pan over a medium/high heat Induction level 7. Add the peanut oil then the ginger and garlic and cook for 2 to 3 minutes or until lightly golden. Reduce the heat to medium, Induction level 5 and add the remaining ingredients. Stir well to combine.

Spoon the sauce over the rolls and serve with steamed rice (see note).

1/3 cup soy sauce

2 tbsp honey

1 tbsp Chinese rice wine

Notes

The steamed rice can be cooked at the same time as the Cabbage Rolls. Place the rice on the wire shelf 5 minutes before adding the Cabbage Rolls to the oven. Below is the rice recipe.

Steamed Rice

1 cup long grain rice

1 1/2 cups water

Place the rice into a strainer and rinse well under cold running water. Allow to drain. Then transfer to the unperforated stainless steel tray and add the water. Place the tray into the oven on the wire rack or the large perforated steamer tray. Select Full Steam 100°c for 20 minutes and press start.

© NEFF Australia. For more delicious recipes visit theneffkitchen.com.au