

CORN CABBAGE & PISTACHIO SLEEVE WITH APPLE & MUSTARD COULIS



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STEP 1 *Corn Cabbage & Pistachio Sleeve Ingredients*

2 cups organic wheat flour	1 1/2 tsp baking powder	1/3 tsp brown sugar
1 cup pureed fresh corn	1/4 cup pressed soymilk	1/2 tsp salt
1/3 cup melted vegan butter		

Rolling Pin And Board Needed. Large, Flat Skillet Needed For Pan Roasting Sleeves.

STEP 2 *Prepare Corn Cabbage & Pistachio Sleeve*

- ▶ Combine ingredients and knead into a dough.
- ▶ Cut dough into 8 pieces.

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Continued.

STEP 2 *Contd. Prepare Corn Cabbage & Pistachio Sleeve*

- ▶ Roll each piece of dough out flat into an 8x8 sized wrap.
- ▶ Pan roast dough on low heat for 1 minute on each side.
- ▶ Set aside cooked wrap on wax paper.

STEP 3 *Corn Cabbage & Pistachio Filling Ingredients*

5 cups chopped cabbage	1 cup pistachios	2 tbsp canola oil
1 tbsp minced garlic	1 minced onion	1 sliced green bell pepper
1 sliced red pepper	1 tbsp soy sauce	1/2 tsp sea salt
1/2 tsp brown sugar	1/2 medium jalapeno pepper, minced	

Large skillet needed.

STEP 4 *Prepare Corn Cabbage & Pistachio Filling*

- ▶ Sauté ingredients in skillet for 15 minutes.
- ▶ Add pistachio and simmer for 2 minutes.
- ▶ Divide filling into 8 portions.

STEP 5 *Assemble Corn Cabbage & Pistachio Filling Sleeve*

- ▶ Spoon portion of filling onto center of wrap.
- ▶ Fold ends of wrap and roll tightly into a sleeve.
- ▶ Cut into halves and serve with dip.

STEP 6 *Apple & Mustard Coulis*

1 diced apple (green or red)	1/2 cup canola oil	1/3 tbsp cumin
1/3 tsp roasted mustard seeds	1/3 tsp salt	1 tsp garlic
1 tbsp chopped scallion	1/2 cup pressed apple juice	

▶ Blend all ingredients into a creamy consistency and enjoy.

*Use a large mixing bowl for **Step #2** to combine ingredients and prepare sleeves. Knife and cutting board needed to assemble sleeves.*