



PREP

45 minutes + 40 minutes
pressure/release

COOK

18
minutes

YIELD

16 rolls

READY IN

1 hour 43
minutes

Instant Pot Stuffed Cabbage Recipe

This traditional dish gets a modern makeover.

BY PAULA SHOYER | FEBRUARY 25, 2021

The credit for this recipe goes to my grandma Sylvia Altman, z”l, even though I have made some changes to it over the years. Her original recipe used every saucepan in my kitchen, and I have shifted to Napa rather than green cabbage, as it is easier to roll. She would never have believed that you could have melt-in-your-mouth stuffed cabbage cooked without watching the rolls for hours.

This recipe requires 25 minutes to pressure, and a 15-minute natural release at the end. It can be made two days in advance and can be frozen.

Recipe courtesy of [The Instant Pot® Kosher Cookbook](#) by Paula Shoyer. Publishing March 2021.

Ingredients

For the sauce:

- 1 Tbsp oil
- 2 medium onions, chopped into small dice
- 1 (28-ounce [828 ml]) can crushed tomatoes
- 1 cup (236 ml) water
- 1/4 cup (59 ml) fresh lemon juice, from 1–2 lemons
- 5 Tbsp (60 g) light brown sugar
- 1 Tbsp honey
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/3 cup (50 g) golden raisins
- 1 large green apple, peeled and cut into 3/4-inch (2 cm) cubes

For the cabbage rolls:

- 1 head Napa cabbage
- 1 onion
- 1 pound ground beef
- 1/3 cup (65 g) white rice

1 large egg
1/4 cup (59 ml) water
1/2 tsp salt
1/4 tsp black pepper

Directions

1. Cut off the end of the cabbage and separate 17 leaves. Bring a medium or large saucepan of water to a boil on the stovetop. Place a colander over a bowl near the saucepan. Cook the leaves, about 6 at a time, for 4 minutes per batch, leaving the water boiling the entire time. Use tongs to lift the cooked leaves and place into the colander to drain. Try not to tear the leaves. Place on paper towels or a clean dish towel to dry.

2. To make the sauce, press Sauté and when the display reads “Hot,” add the oil, chopped onions, and apples. Cook for about 5 minutes, until they start to soften but not brown, stirring often.

3. Meanwhile, prepare the cabbage filling. Finely chop the onion by hand or in a food processor. Place into a large bowl. Add the beef, rice, egg, water, salt, and pepper, and mix well with your hands. Fan out a cabbage leaf in front of you with the stem facing you. Scoop up a handful of the meat and rice mixture, about ¼ cup for each roll, and place at the bottom of a cabbage leaf, at the stem.

4. Fold the bottom over the mixture and roll over again, and then fold the sides of the leaf toward the middle to cover the meat, and then roll up.

5. When the onions and apple are cooked, add the crushed tomatoes, water, lemon juice, brown sugar, and honey and bring to a boil. Add salt and black pepper.

6. Remove sauce to a large bowl. Add ½ cup (118 ml) hot water to the inner pot and boil, and use a wooden spoon to scrape the bottom of the pot clean. Place the steam rack on top. Place one layer of rolls on the rack, one ladle of sauce, another layer of rolls and so on, pouring any remaining sauce on top. Sprinkle the golden raisins on top.

7. Secure the lid, ensuring that the steam release handle is in the Sealing position. Press the Pressure Cook button and set the cooking time for 18 minutes. When the cooking time is complete, let the pot sit for 15 minutes to naturally release the pressure. Turn the valve to the Venting position to release any remaining pressure. Press Cancel and remove the lid.

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