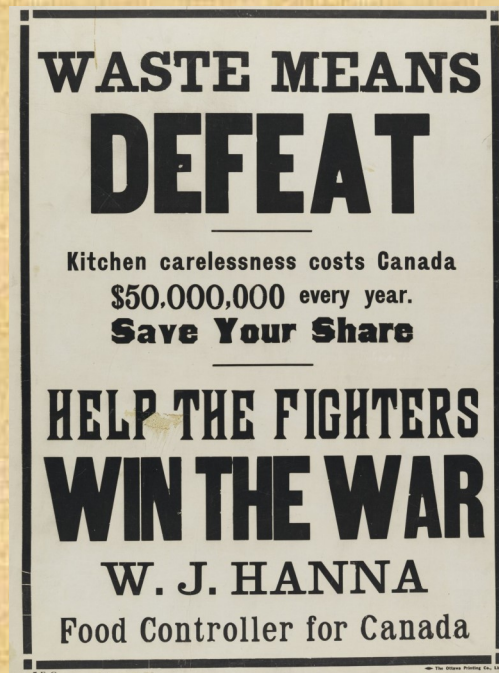


# Stuffed Cabbage

The exact origins of stuffed cabbage is not currently known. Historical records have traced it back to Persia, Russia, Ukraine and Poland. However, cultivated cabbage is native to the Mediterranean and the ancient Greeks and Romans were cooking with it as far back as 600 BCE. Similar to potato, for many years cabbage was only eaten by livestock and the lower classes. It gained popularity due to its hardy nature, long-lasting qualities and high quantity of vitamin C, helpful for sailors to avoid scurvy during the 1700s and 1800s. It was in the 1700s that it began to appear on the dinner tables of the upper classes. During the First World War, cabbage was a nutritious and inexpensive staple. It also allowed for leftovers to be incorporated into additional dinner meals for families trying to save money and stretch out their food resources.

**Recipe:** Take a large, fresh cabbage and cut out the heart. Fill the vacancy with cooked chicken or veal chopped very fine, highly seasoned and rolled into balls with beaten yolk of eggs. Then, with cooking twine, tie the cabbage firmly together, tie a cloth around it and boil in water in a covered kettle (or pot) for 2 hours. This is a delicious dish and is useful in using up cold meats.



Recipe credited to: Ladies of St. Mary's Church. *Woodstock Cook Book*, 1917.

Image credited to: Canadian War Museum, "Food Production Poster, Waste Means Defeat", 1914-1919. Object number: 19910001-896