

Fall/Winter Seasonal Vegetables

Fall 2023

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Stuffed Cabbage Cake

Serves 6

Time 1 ½ hours

Vegan

Common Allergens Check labels

Adapted from [the Food Network](#)

Ingredients

- 1 pound savoy cabbage
- Salt and black pepper to taste
- 5 tablespoons olive oil, divided
- 3 cloves garlic
- 1 stalk celery, roughly chopped
- 1 medium carrot, peeled roughly chopped
- 1 small yellow onion, roughly chopped
- 1 tablespoon fresh thyme, finely chopped (or 1 teaspoon dried)
- 1 teaspoon paprika
- 1 pound cremini mushrooms
- 1 pound shiitake mushrooms, stems removed
- 1 cup cooked rice
- 1 cup cooked brown lentils
- 2 tablespoons oat flour
- 1 24-ounce jar marinara sauce



Notes

Make ahead: Most components can be made ahead - rice and/or lentils (can freeze rice leftover from another meal), blanched cabbage leaves, or mushroom mixture. Assemble and bake on the day you'd like to serve it.

Instructions

1. Preheat oven to 375°F. Grease a 9-inch round cake pan with 1 tablespoon olive oil.
2. Bring a large pot of salted water to a boil. Separate about 16 outer leaves from the cabbage by carefully peeling them back and cutting them at the stem as needed. Blanch the cabbage leaves for 2 minutes until just softened. Drain and set aside.
3. Pulse the garlic in a food processor until finely chopped. Add the celery, carrot and onion and pulse until finely chopped, scraping down the sides as needed. From the remaining cabbage, thinly slice 1 cup.
4. Heat a large skillet over medium heat. Add 2 tablespoons olive oil, then add the vegetable mixture and cabbage, thyme, paprika, ½ teaspoon salt and ½ teaspoon pepper. Cook, stirring frequently, until the vegetables are softened but not browned, about 4 minutes. Transfer to a large bowl. Reserve the skillet.
5. Tear mushrooms roughly in half by hand. Pulse the mushrooms in small batches until roughly chopped in the food processor. Do not finely mince or puree them - you want them to be fairly chunky.
6. Heat the reserved skillet over medium heat. Add 1 tablespoon olive oil with half of the mushrooms, ½ teaspoon salt and ½ teaspoon pepper. Cook, stirring frequently, until softened, about 4 minutes. Transfer to the bowl with the cooked vegetable mixture.
7. Repeat step 6, then add the cooked rice, cooked lentils, and oat flour to the vegetable mixture, and stir to combine.
8. Layer enough of the cabbage leaves to cover the bottom and up the sides of the cake pan in a single layer, overlapping as needed to fill any visible gaps. Use the larger leaves, as the veins are more pronounced; the bottom will be the presentation side after it is cooked and flipped over.
9. Gently spread half of the mushroom mixture in the bottom of the dish in an even layer on top of the cabbage leaves. Cover with a layer of cabbage leaves. Add the remaining mushroom mixture. Cover the mixture with cabbage leaves and fold over any leaves sticking out, pressing gently.
10. Cover with foil and bake for 55-60 minutes, or until sides are browned. Remove from the oven, place a serving plate on top, and flip the plate and pan over to remove the cabbage cake from the pan. If it is not browned on top, you could place it back in the oven under the broiler for a few minutes.
11. Cut into slices like a cake to serve and top with warm marinara sauce.

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Stuffing Stuffed Pumpkin

Serves 8-10

Time 1 hour 20 minutes

Vegan

Common Allergens Wheat, check labels



Instructions

1. Preheat the oven to 350°F.
2. Wash the outside of the pumpkin. Cut a round opening in the top of the pumpkin by using a sharp knife to make incisions that eventually connect to create an opening. If necessary, use a butter knife to gently pry the top loose. Scoop the seeds and stringy parts of the pumpkin out. Sprinkle salt on the inside.
3. Place the pumpkin and the lid on a baking sheet and bake for 30 minutes. Remove from oven and let cool. Reserve the baking sheet.
4. In a Dutch oven or stock pot, heat butter over medium heat. Add onion and celery and cook for 5 minutes or until tender-crisp, stirring occasionally.
5. Add the stuffing mix to the pot and stir.
6. In a medium bowl, mix the broth and cornstarch well. Slowly drizzle over the stuffing mixture and toss. Continue adding more broth slowly until the bread is just barely soaked through.
7. With the pumpkin on the reserved baking sheet, fill it with stuffing, pressing down gently to fill the space. Place the pumpkin lid on the baking sheet. Grease a loaf pan with olive oil (or butter) and fill with any remaining stuffing. Cover loaf pan with foil.
8. Bake the stuffed pumpkin, lid, and extra stuffing for 30 minutes. Remove foil and pumpkin lid, setting aside, then continue baking for 10 minutes or until top of stuffing is lightly crisp.
9. Move pumpkin to serving plate and put lid on top. Serve extra stuffing on the side or surround the pumpkin with it on the serving plate. Place the pumpkin lid on top.
10. Serve by cutting pumpkin into slices and serve with an extra scoop or two of stuffing. Serving suggestion: top with gravy once sliced.



Ingredients

- 1 medium kabocha squash (3-4 lb)
- ½ teaspoon salt
- 12 ounces packaged seasoned stuffing mix
- ¼ cup unsalted vegan butter (can use regular butter if preferred)
- 1 medium yellow onion, finely chopped (about 1 cup)
- 2 stalks celery, finely chopped (about 1 cup)
- 2 tablespoons cornstarch
- 2 ½ cups vegetable broth
- 1 tablespoon olive oil

Notes

- Serve with gravy.
- Substitute another stuffing recipe if you'd like.
- You can fully cook the pumpkin and the stuffing separately if you prefer to have more control and make it a little easier to tell when the pumpkin is fully cooked. Spoon the stuffing into the pumpkin once cooked, gently pressing down to fill any gaps.