

Stuffed Broccoli Leaves

3/4 lb. broccoli leaves (about 24 leaves)

Stuffing

1 cup dry brown rice
1 cup chicken stock
1 tablespoon olive oil
4 garlic cloves
1 lb. ground buffalo (or grass fed beef)
1 teaspoon salt
1/2 teaspoon masala
1/2 teaspoon cumin
1/2 teaspoon tumeric
1 large egg

Tomato Sauce

1/2 cup chicken stock
1 cup ketchup
1 tablespoon balsamic vinegar
1/2 teaspoon salt
1/2 teaspoon ground chipotle pepper
juice of 1 lemon

Steam the rice in the chicken stock until done. In a cast iron skillet saute the garlic in the olive oil until tender. Add the ground buffalo and brown.

Cut off the stems of the broccoli leaves and save for stock or juice or compost. When the rice is finished steam the leaves for 5 minutes to make them pliable and bright green. Run cold water over them to stop the cooking and make them safe to handle.

Combine the tomato sauce ingredients in a sauce pan and simmer gently while you stuff the broccoli leaves.

In a large bowl combine the rice and buffalo and taste to see if you need to add salt. Add the egg and mix everything well.

Lay a leaf face up on a cutting board with the stem end pointing toward you. Spoon about 1-1/2 tablespoons of filling onto the leaf just above where the stem met the leaf. Fold the sides over the filling, press the filling tightly back into the leaf and roll it up as tight as possible. Place in an oiled casserole dish. Continue until all the leaves are filled.

Spoon the sauce over all the stuffed leaves. Place the cover over the casserole dish and bake for 45 minutes at 350°.