



## Lion's Head Casserole



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



4

CALORIES



600 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon cornstarch
- ☐ 0.8 ounces shiitake mushrooms dried
- ☐ 1 tablespoon rice wine chinese (preferably Shaoxing)
- ☐ 2 tablespoons ginger fresh peeled finely chopped
- ☐ 16 fluid ounces chicken broth reduced-sodium
- ☐ 2.5 pound napa cabbage
- ☐ 1 pound ground pork lean (not )

- ☐ 4 servings rice white steamed
- ☐ 1.3 teaspoons salt
- ☐ 1 large bunch spring onion white green finely chopped ( and pale parts only)
- ☐ 2 teaspoons sesame oil
- ☐ 2 tablespoons soya sauce
- ☐ 1 teaspoon sugar
- ☐ 0.7 cup vegetable oil
- ☐ 2 cups water
- ☐ 6 large water chestnuts fresh whole canned rinsed peeled drained finely chopped

## Equipment

- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ ziploc bags
- ☐ wok
- ☐ slotted spoon
- ☐ tongs

## Directions

- ☐ Cover mushrooms with boiling-hot water (2 cups) in a bowl and let stand 30 minutes, then squeeze excess water from mushrooms and reserve 1 cup mushroom-soaking liquid (discard remainder or reserve for another use). Discard mushroom stems and cut caps into very thin slices.
- ☐ Meanwhile, mix together pork, scallions, water chestnuts, rice wine, sesame oil, sugar, 1 tablespoon ginger, 1 tablespoon soy sauce, and 1/2 teaspoon salt in a large bowl with your hands. Gather together pork mixture and throw against bottom or side of bowl 5 or 6 times to firm texture, then chill, covered, until ready to use.
- ☐ Remove and reserve 4 large cabbage leaves. Halve cabbage head lengthwise, then cut out and discard core.

- ☐ Cut cabbage halves crosswise into 2-inch-wide pieces.
- ☐ Heat wok over high heat until a drop of water evaporates instantly. Swirl 2 tablespoons peanut oil to coat bottom and sides of wok, then stir-fry mushrooms, half of cabbage, and remaining tablespoon ginger until cabbage begins to wilt, 1 to 2 minutes.
- ☐ Add remaining cabbage and 3/4 teaspoon salt and stir-fry until all of cabbage has begun to wilt, about 3 minutes.
- ☐ Add reserved soaking liquid (1 cup) and continue stir-frying until cabbage is wilted, about 3 minutes.
- ☐ Transfer mixture to a 4-quart clay pot or a 4- to 5-quart heavy pot, arranging evenly on bottom. Wipe wok clean with paper towels.
- ☐ Stir together cornstarch, pepper, and remaining tablespoon soy sauce in a small bowl until smooth.
- ☐ Divide pork mixture into quarters, then coat your hands with some of cornstarch mixture. Form 4 large meatballs, transferring each as formed to a large plate and then recoating your hands.
- ☐ Heat wok over high heat until a drop of water evaporates instantly, then pour in remaining peanut oil (enough to measure a scant 1/4 inch in wok). Reduce heat to moderately high and gently arrange meatballs in wok. Fry meatballs, turning gently with tongs or a slotted spoon, until deep golden on all sides, about 5 minutes total (if meatballs stick to wok, add more oil).
- ☐ Transfer with a slotted spoon to paper towels to drain, then arrange on top of cabbage in pot.
- ☐ Add broth, then cover meatballs completely with reserved 4 cabbage leaves. Bring liquid just to a boil, then reduce heat and gently simmer, covered, 1 hour. (Check occasionally to be sure liquid is not boiling vigorously.) Season broth with salt, then move large cabbage leaves around side of pot to resemble a lion's mane.
- ☐ Serve in individual shallow bowls.
- ☐ ·Pork mixture can be chilled up to 1 day.·Cabbage can be cut 1 day ahead, then chilled, wrapped in dampened paper towels, in sealed large plastic bags (press out any excess air before sealing).

## Nutrition Facts

 **PROTEIN 19.08%**  **FAT 51.9%**  **CARBS 29.02%**

## Properties

Glycemic Index:76.27, Glycemic Load:26.71, Inflammation Score:-9, Nutrition Score:37.525217548661%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 599.75kcal (29.99%), Fat: 34.91g (53.71%), Saturated Fat: 10.74g (67.11%), Carbohydrates: 43.94g (14.65%), Net Carbohydrates: 38.76g (14.1%), Sugar: 6.15g (6.83%), Cholesterol: 81.65mg (27.22%), Sodium: 1364.58mg (59.33%), Alcohol: 0.6g (100%), Alcohol %: 0.1% (100%), Protein: 28.88g (57.75%), Vitamin K: 147.92µg (140.88%), Vitamin C: 79.08mg (95.86%), Vitamin B1: 0.99mg (65.8%), Vitamin B6: 1.29mg (64.39%), Folate: 247.68µg (61.92%), Selenium: 38.37µg (54.81%), Manganese: 1.09mg (54.37%), Vitamin B3: 9.23mg (46.13%), Phosphorus: 385.36mg (38.54%), Potassium: 1287.54mg (36.79%), Vitamin B2: 0.55mg (32.14%), Copper: 0.61mg (30.5%), Zinc: 4.23mg (28.17%), Vitamin B5: 2.6mg (26.02%), Calcium: 259.62mg (25.96%), Magnesium: 85.1mg (21.28%), Fiber: 5.17g (20.7%), Vitamin A: 969.96IU (19.4%), Iron: 2.91mg (16.14%), Vitamin B12: 0.91µg (15.2%), Vitamin E: 1.14mg (7.58%), Vitamin D: 0.21µg (1.38%)