Turkey and Apple Cabbage Cups

12 small open cabbage cups, each with turkey-apple filling and mustard yogurt | Active 40 min | Cook 30 min | Total 185 min (cold service and transport) | Cold-travel planning: 185 min; follow the stated cooling endpoint and finishing route.

Ingredients

- 12 large usable green-cabbage leaves, about 21 oz/600 g after trimming thick ribs
- 1 tbsp (15 ml/14 g) olive oil
- 1 medium onion, finely diced, 150 g prepared weight
- 1 lb (450 g) raw ground turkey, refrigerated
- 1 large firm apple, cored and cut into 1/4 in/5 mm dice, 200 g prepared weight
- 2 tbsp (30 ml) cider vinegar
- 1/4 cup (60 ml) low-sodium chicken stock
- 1 tsp (2 g) smoked paprika
- 1/2 tsp (3 g) fine salt
- 1/4 tsp (0.5 g) black pepper
- 1/2 cup (120 g) plain yogurt made with pasteurized milk
- 1 tbsp (15 g) Dijon mustard

Set out

Large pot, Colander, Tongs, Large skillet, Clean bowl for cooked cabbage, Knife and separate raw-poultry cutting area, Food thermometer, Small covered yogurt bowl, Three separate serving utensils, Shallow containers and cooler with ice packs

Allergens

Milk, Mustard. Check labels and substitutions.

Make it

1. Wash the cabbage leaves. Simmer them in a large pot of water in two batches for 3-5 minutes each until flexible and tender enough to bite. Drain well and trim a shallow V from the toughest rib of each without splitting the leaf. Spread on a clean shallow tray.

2. Mix yogurt and mustard in the covered bowl and refrigerate. Clean the work area before handling turkey. Heat the oil in the skillet, add onion and cook 5 minutes. Add the turkey, break into small crumbles and cook 6-8 minutes, stirring. Add apple, vinegar, stock, paprika, salt and pepper. Cook 6-8 minutes more until the apple is tender, excess liquid has reduced and the turkey reaches 165°F (74°C). Wash hands and raw-meat tools before serving work.

3. For the planned cold transport route, transfer cooked filling and cabbage leaves to separate shallow containers. Let steam escape briefly, then refrigerate promptly until both are at 40°F (4°C) or below, allowing at least 90 minutes. Keep the yogurt cold throughout. For immediate hot service instead, keep filling and leaves at least 140°F (60°C) and yogurt cold.

4. Set out twelve leaves and the two filling bowls with separate utensils. Divide the turkey mixture evenly among the leaves, weighing and dividing it into twelve equal portions rather than using an assumed cooked volume, then divide the mustard yogurt over them. Serve open on small plates rather than tying or tightly rolling them.

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Bring it

The reliable trip is a cold one: shallow chilled turkey filling, separate cold cabbage leaves and mustard yogurt, all in a cooler at 40°F (4°C) or below. Pack plates and three separate utensils. During packing, travel and display, keep cold food at 40°F (4°C) or below and hot food at 140°F (60°C) or above. Allow no more than 2 hours combined outside those controls, or 1 hour above 90°F (32°C). Discard food beyond that limit.

Finish at the gathering

For warm cups, arrange a skillet or microwave for about 8-12 minutes to reheat the turkey to 165°F (74°C). Reheat cooked leaves to the same endpoint in a covered microwave-safe dish if serving them warm. A no-equipment route is fully cooked chilled filling and chilled leaves, with a smaller first batch displayed over ice.

Make it yours

Use the apple version for a winter shared supper or pear for an anniversary lunch. Twelve open cups are easier to label and portion than an enormous communal wrap that needs to be cut after guests arrive.

Ingredient labels

Check chicken stock and mustard labels for wheat, celery, soy or other added allergens.

A useful detail

The 185-minute total includes preparing and cooking the components, a 90-minute shallow-chilling allowance for the planned cold transport route and table assembly. Actual cooling may take longer: check 40°F (4°C) or below before packing. Immediate hot service omits the chilling stage but requires safe hot holding.

Another way

Use 450 g raw ground chicken instead of turkey and retain the 165°F (74°C) endpoint.

Replace the apple with 200 g firm pear cut into small dice; cook until tender without allowing the filling to become wet.

Keep it well

Refrigerate cooked filling, cooked leaves and yogurt separately at 40°F (4°C) or below. Use within 3 days, subject to any earlier yogurt deadline. Reheat turkey filling and cooked leaves to 165°F (74°C) if serving hot; keep yogurt cold. Respect the combined travel-and-display limit in “Bring it.”