

Recipe For: Gumbis

Courtesy Washington County Rural Heritage Museum Hearth Cooking



Ingredients

- 1 head cabbage, chopped and sautéed in butter. Reserving 3 outer layer of leaves.
- 2 apples, peeled and chopped
- 1 onion, peeled and chopped
- Leftover pork or ham, chopped
- salt & pepper to taste

Combine all ingredients in a large Gumbis or Bean Pot in layers. Cover the ingredients with the 3 cabbage leaves making sure the leaves are under the lip of the pot. Set the pot on a trivet near the fire on the hearth. Allow to simmer by the hearth all day, turning the pot occasionally.

