

Stuffed Cabbage Rolls

yield: 25 rolls

Ingredients:

2lb/about 1kg ground meat (turkey, beef, pork or mixed)

200g/7oz rice - cooked

1 large onion

3-4 tablespoons dry parsley

2 eggs

oil olive or oil

salt and black pepper to taste

1 large or 2 small green cabbage heads (I used 2 heads, 1.2kg/2.6lb each)

vegetable or chicken stock

Sauce:

5 tablespoons butter

4 tablespoons all-purpose flour

1 can tomato sauce (425g/15oz)

Directions:

Saute the onion in oil olive or oil in a skillet until soft and tender. Let it cool.

Mix together the meat, onion, eggs, parsley and cooked rice in a large bowl.

Season well with salt and pepper.

Remove the core from the cabbage. Place whole head in a large pot filled with hot boiling water. Cover and cook for about 3-5 minutes or until tender and soft enough to pull off individual leaves. You can also pack the head in a foil bag and put in a microwave for about 8-10 minutes (check the cabbage after 6-7 minutes and add more minutes of needed, we don't want to steam the cabbage to much).

Pull off the leaves and let them cool.

Put the remaining leaves on the bottom of a large pot or baking dish which you are going to use to bake the rolls.

When the leaves are cool enough to handle, use a knife to cut away the thick center stem from each leaf (do not cut through). Place about one heaped tablespoon of meat on each cabbage leaf. Roll away from you to encase the meat. Flip the right side of the leaf to the middle, then flip the left side. You will have something that looks like an envelope. Once again, roll away from you to create a little roll. Continue rolling until you are done with the meat mixture.

Then place all of the rolls in a prepared pot or baking dish. Try to place them close next to each other to prevent floating out during the cooking. Pour the stock over the rolls. Put the large plate or the pot cover over them (to prevent floating to the surface), cover and cook on the stove, over the very slow heat for about 1 ½ hours. Or put them in a preheated oven 180C/350F for 1 ½ - 2 hours or until cooked through and tender.

Remove from the pot, place in a large serving dish, reserve the liquid.

Make the sauce. Melt the butter in a pot. Add the flour and whisk very well. Gradually, still whisking, add the liquid. Add as much as you want to get the sauce you like. Add the tomato sauce and mix well. Season well with salt and pepper.

Serve the cabbage rolls with the tomato sauce.

Enjoy!:))

Note: You can also freeze the rolls.