

Golabki - Cabbage Rolls

Priscilla Perry

Unitarian Universalist Fellowship of Vero Beach, FL 2000

1 large, loose head of cabbage
1 cup rice
1/2 pound ground beef
1/2 pound ground pork
1 large onion, chopped and fried
salt (to taste)
pepper (to taste)
1 can tomato soup
1/2 can water
1 egg
1 teaspoon sugar
1 teaspoon salt
1 tablespoon vinegar

Cook Time: 1 hour

Cut the core from the cabbage. Place the cabbage, hole down, in a large pot in about one inch of boiling water. Cover and steam until the leaves have softened slightly. Peel the leaves off gently, one at a time, and cut off part of the "heel" (or spine) of the leaf so that it will roll easily when you fill it. If the inner leaves are too stiff, put the cabbage back in the pot and steam a little longer.

For the filling: Cook the rice and drain. In a bowl, mix the rice, ground beef, pork, onion, egg, salt and pepper.

For the cabbage roll: Place a cabbage leaf, curling upwards (like a cup); place about 1/4 cup of filling mix on the bottom (heel) of the leaf. Fold the bottom up once to cover the filling. Fold the side edges in, then roll up the rest of the way. Place, open side down, in a large pot. (If you have a trivet or rack to hold them slightly off the bottom, there is less danger of scorching during cooking.) Tuck the rolls together snugly so they won't open up as they cook. In a bowl, mix together the tomato soup, water, sugar, salt and vinegar. Pour over the cabbage roll.

Simmer for at least one hour.

These cabbage rolls freeze well uncooked. All you need to do is defrost them and add sauce.

Per Serving (excluding unknown items): 2422 Calories; 119g Fat (44.0% calories from fat); 112g Protein; 229g Carbohydrate; 26g Dietary Fiber; 568mg Cholesterol; 3358mg Sodium. Exchanges: 10 1/2 Grain(Starch); 11 1/2 Lean Meat; 10 1/2 Vegetable; 16 Fat; 1/2 Other Carbohydrates.