

Polish Stuffed Cabbage Leaves (Golabki)

Blanche Zarimba - Housatonic, MA
Treasure Classics - National LP Gas Association - 1985

Yield: 17 to to 20 cabbage rolls

20 large cabbage leaves
2 1/2 cups water
1 cup rice
1 teaspoon salt
1 large onion
1/2 cup butter
1 1/2 pounds hamburger
1 teaspoon pepper
1 1/2 teaspoons salt
1 tablespoon shortening
1 can (10-3/4 ounce) tomato soup
3/4 soup can water

Preparation Time: 1 hour 30 minutes

Bake Time: 2 hours

Prepare the cabbage leaves. Cut out the core and place in water, slightly salted, to parboil. Separate the leaves and slice off the center groove from each leaf.

In a pot, bring to a boil 2-1/2 cups of water. Add the rice and one teaspoon of salt. Cover tightly and cook over low heat until the water is absorbed, about 20 to 25 minutes.

In a skillet, fry the onion in the butter until golden brown.

When the rice is cooked, keep the heat on low. Add the hamburger, fried onions, pepper and 1-1/2 teaspoons of salt. Keep mixing until the meat is nicely browned.

Spread a cabbage leaf on a flat surface. Place a good tablespoon of the filling (more if the leaf is large) toward the bottom of the leaf and fold upward once. Then fold toward the center and two sides of the leaf and continue rolling until the leaf is closed into a small roll. Place the rolled leaves into a large roasting pan with about one tablespoon of shortening.

In a bowl, mix the can of tomato soup and 3/4 can of water. Pour over the rolled leaves.

Cover and bake in a 325 degree oven for about two hours or until the leaves are slightly browned.

(You can also use ketchup or spaghetti sauce by just adding water. This filling can also be used for stuffed peppers.)

Per Serving (excluding unknown items): 3926 Calories; 199g Fat (44.9% calories from fat); 118g Protein; 431g Carbohydrate; 16g Dietary Fiber; 514mg Cholesterol; 10009mg Sodium. Exchanges: 25 1/2 Grain(Starch); 7 Lean Meat; 6 1/2 Vegetable; 35 Fat.