

## *Ala's Recipes*

### Cabbage Rolls (Gołąbki)

#### **Ingredients:**

Preparation time: approx. 2 h

Servings: approx. 12 rolls

#### **Rolls:**

- approx. 3 tbsp of vegetable oil
- 2 onions
- 1 leek
- 1 ½ glass of boiled white rice
- 400 grams of beef mince
- 400 grams of pork mince
- whole green cabbage
- salt and pepper
- 12-13 slices of streaky bacon (optional)
- Sauerkraut (optional)
- Dill (optional)

#### **Sauce:**

- approx. 3 tbsp of vegetable oil
- 1 onion or leek
- 2-3 tbsp of tomato concentrate
- 1 litres of meat or veggie broth
- 1 can of crushed tomatoes
- salt and pepper

### **30 mins before cooking:**

#### **Cook Rice:**

1. **Measure the Rice:** Use a measuring cup to measure ¾ cup of rice. This amount yields approximately 1 ½ cups of boiled rice.
2. **Rinse the Rice:** Place the rice in a fine-mesh strainer and rinse it under cold water until the water runs clear.
3. **Add Water:** The rice-to-water ratio usually depends on the type of rice you're using. For most white rice, the standard ratio is 1 part rice to 2 parts water. For ¾ cup of rice, use approximately 1 ½ cups of water.
4. **Boil the Water:** Place the rice in a saucepan and add the measured water. Add 1 - 1 ½ tsp salt. Put the saucepan on the stove over high heat and bring the water to a boil.

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5. **Simmer:** Once the water reaches a rolling boil, reduce the heat to low. Put the lid on the saucepan to cover it.
6. **Cook the Rice:** Allow the rice to simmer for the recommended cooking time. This can vary based on the type of rice you're using. White rice generally cooks in about 15-20 minutes.
7. **Let it Rest:** After the rice has finished cooking, turn off the heat but leave the saucepan on the burner. Keep the lid on and let the rice sit for about 5-10 minutes. This allows the steam to redistribute, resulting in fluffier rice.

### **Cabbage:**

1. Take out the outer leaves of the cabbage (the dirty ones) and cut the centre core out of the cabbage.
2. In a large pot, bring the water to a boil. Place the cabbage with the core down and cover it with a lid. Be careful not to burn yourself.
3. Boil the cabbage for approximately 15 minutes.
4. Carefully remove the pot from the burner and transfer the cabbage to a large plate/tray. Let it cool down.

### **Preparation:**

1. Finely dice 2 onions and fry them until browned.
2. In a large bowl, add your cooked rice, beef and pork mince, and half of the fried onions (leave the other half in the pan for the sauce).
3. Add an egg and season the mixture with salt and pepper.
4. Mix all the ingredients until combined.
5. Return to your cabbage and gently remove leaves from it, cutting away from the core with a small knife. Set aside the best 12-13 unbroken leaves and cut off the thick spine in the centre for easier rolling.
6. Place a handful of filling on each leaf and roll it into a pocket shape.
7. Take a bacon slice and wrap it around your cabbage roll.
8. Place all rolls side down in a deep baking tray/pan.
9. Preheat your oven to 180°C.
10. Return to your leftover onions in the frying pan.
11. Bring the heat back and add broth, tomato concentrate, and a can of crushed tomatoes. Bring to a boil and then simmer for a few minutes. Add salt and pepper to taste.
12. Optional - you can allow the sauce to cool down and blend it.
13. Pour the sauce over the cabbage rolls and sprinkle sauerkraut (optional).
14. Bake for around 45 minutes.
15. Optional - when serving, sprinkle with dill
16. You can serve it with potatoes or enjoy it with a slice of bread.