



Company Styled Stuffed Cabbage

A great comfort dish to elegantly serve your special guests

1 large green cabbage
1 Tablespoon olive oil
1 cup chopped onion
1/2-pound Angus ground beef
1/2-pound ground pork
1 garlic clove, minced
1-1/2 cups long grain rice, cooked
1/3 cup fresh parsley, chopped
1 teaspoon Kosher salt
1/4 teaspoon ground black pepper or to taste
1 large egg, lightly beaten
2 cups chicken broth
1 cup canned crushed tomatoes
Garnish: 1 can (10 ounce) tomato soup
3 to 4 Tablespoons chopped parsley
2 slices cooked crisp smoked bacon, crumbled, optional

Remove Cabbage Leaves: Bring large pot of water to boil over high heat. Rinse the cabbage; trim the stem; remove any damaged outer leaves

Gently lower the cabbage into the water; cook just until the outer leaves become pliable, about 8 to 10 minutes. Do not overcook the leaves.

For Serving – Set aside large leaves to line serving platter.

Remove cabbage; immediately rinse under cold running water. When cool enough to handle, lay the cabbage on work surface; gently pull outer leaves apart and down so that they lie flat. Do not pull them off as you will use these later to serve your finished dish.

Continue cooking to remove cabbage leaves.

Return firm cabbage back to pot of boiling water; cover; cook another 3 minutes or until softened enough to pull off individual leaves. Repeat to remove all large leaves to working surface; cut off thick center stem from each leaf. Set small remaining leaves aside for another recipe.

Prepare Meat Filling: Place oil in large hot skillet; add onions; sauté about 4 minutes; add crumbled beef and pork cook stirring occasionally about 5 minutes. Stir in minced garlic, cooked rice, parsley, salt, and black pepper. Remove from heat; set aside to cool. When cool, stir in lightly beaten egg.

Place 1 to 3 Tablespoons meat mixture on each cabbage leaf, depending on the size of the leaf. Roll each leaf, tucking ends in toward center. Fasten securely with wooden picks. (Set any remaining meat filling aside for another recipe.)

Preheat Oven to 350 degrees F: Place each roll seam side down in greased large skillet or Dutch oven. In medium sized bowl, combine chicken broth and crushed tomatoes; pour over cabbage rolls. Cover pot; place in preheated 350 degrees F. for 1 hour.

To Serve: Place reserved large cabbage leaves on serving platter. Remove toothpicks from each cabbage roll; stack rolls on large leaves. Mix tomato soup with liquid in pan; warm; drizzle over cabbage rolls; set remaining sauce in a bowl to serve on the side. Garnish the cabbage rolls with chopped parsley and crisp bacon bits. Serve warm.
Serves: about 8

About the Recipe: There is nothing more comforting than serving an ethnic classic favorite. Cabbage rolls can be prepared with any meat or vegetable filling and use different kinds of broth and/or tomatoes. Our recipe reflects its European background using beef and pork. Every Grandmother had their own special touches. Give it a try and add your own magic.

Recipe Hint for Unique Serving Suggestion from Chef Stephen Lee – His special recipe was Hungarian Stuffed Cabbage using ground lamb, cumin, and sage. He also had a very creative way to serve his dish.

A Whole Cabbage with little rolls inside: Prepare as directed to form outer leaves attached to stem. Place about 1/3 of rolls on the flatten leaves, leaving about 4 inches around the edges. Mound the rolls to reform the cabbage; top with large leaf; fold up leaves from the bottom. Secure cabbage with straps of kitchen twine until it resembles the original shape. Place in deep pot. Add broth; cover; cook about 30 minutes or until cooked.

