

MEATS

CABBAGE ROLLS†

(KRAUTWICKEL)

- 6 large leaves from 1 large head of cabbage
- 1/2 lb. Ground beef
- 1/3 cup onion (finely diced)
- 1 egg
- 1 French roll or 2 slices of bread
- 2 tablespoons vegetable oil or shortening
- 2 1/2 cups beef stock or
- 2 beef bouillon cubes and water
- 2 tablespoons tomato paste
- 2 salt and pepper

Remove 6 large leaves from cabbage and trim off the thick part of each leaf. Place leaves in boiling water. Turn off the heat and let them sit for 5 minutes until they become easy to roll. Take out of the water and set aside. Soak the roll or bread in cold water about 10 minutes. Squeeze out the excess water and mix well with ground beef, onion, egg and salt and pepper. Divide this mixture into 6 equal parts and place 1 portion on each leaf. Roll the leaf over the filling tucking in the sides. Tie a thread around each roll to keep it together. Heat the oil or shortening and brown the rolled leaf on all sides. Add the beef stock or water and beef bouillon cubes. Bring it to a boil, turn down the heat, cover the pot and simmer for one hour. After the first half hour turn the rolls over. With a slotted spoon transfer the cabbage rolls onto a platter and remove the threads. Stir the tomato paste into a sauce and bring to a boil. Season with salt and pepper to taste. Spoon the sauce over the cabbage rolls. Serve with rice noodles or potatoes.

Serves 4

