

Stuffed Cabbage Rolls

Kitchen of Light by Andreas Viestad

Submitted by Janet McElroy

Ingredients

- 1/2 cup salt
- 12 large cabbage leaves trimmed, rough stems removed
- 2 Tbsp unsalted butter
- 1 onion, finely chopped
- 1 garlic clove, finely chopped
- 1/2 lb ground pork
- 1/2 lb ground beef
- 1/2 cup cooked long-grain white rice
- 1/2 cup milk
- 1/2 tsp ground fennel
- 1/2 tsp ground cumin
- fine sea salt and freshly ground pepper
- 1 tsp vegetable oil
- 1 Tbsp sugar or maple syrup
- Whole berry cranberry sauce (optional)

Directions

1. In a large pot combine 4 quarts of water with salt and bring to a boil over high heat. Put 6 cabbage leaves in the pot and reduce heat to medium, cook for 3-4 minutes until softened but not limp. Remove and drain on a rack or kitchen towel. Repeat with the remaining cabbage leaves. Cut the leaves in half, removing the tough center rib. (You will now have 24 cabbage leaves' you will not need all of these but some may tear.)



2. Heat 1 Tbsp oil in a large non-stick skillet and sauté the onion and garlic until golden. Remove from the heat.
3. In a large bowl combine the ground meats, rice, onion mixture, and milk until you have a loose mixture. Season with salt, pepper, cumin, and fennel.
4. Place one cabbage leaf on a work surface. Place 2-3 Tbsp of the mixture in the center of the leaf, round into a rough cylinder. Tuck the cabbage leaf around and under. Repeat until you have used all the meat mixture.
5. Preheat the oven to 375 F. Grease a large baking dish with vegetable oil. Heat 1 Tbsp of butter in a large skillet, sprinkle with sugar and cook 4-6 cabbage rolls at a time for 3-4 minutes. Transfer the cabbage rolls to the baking dish. When all the cabbage rolls are cooked deglaze the skillet with 1/2 cup water. Boil until reduced to 2-3 Tbsp of liquid and pour over the cabbage rolls.
6. Cover the baking dish and cook for 25 minutes. Cool and serve with the cranberry sauce if desired.