



## **Polish Stuffed Cabbage**

Like other Eastern European dishes, my Grandma Molotky's Golobki is a kind of peasant food. This simple dish satisfies the whole family with staple ingredients and very basic seasoning. Growing up during the Great Depression, my grandmother tended to be a little too resourceful, sometimes using ketchup packets to make the sauce. My variation reflects the "living large" era of my grandmother's cooking – when she splurged on tomato soup for the sauce!

### *Sauce*

4 cups tomato soup  
2 cans (14 oz each) tomato sauce or diced tomatoes  
2 T onion flakes  
2 bay leaves  
1 green pepper, sliced into strips  
1/2 bunch finely chopped fresh parsley  
1 t salt  
1 t pepper

Mix all ingredients in a saucepan and simmer on low for 30 minutes, until green peppers soften. Set aside.

### *Cabbage Rolls*

1 large head green cabbage  
1/2 cup rice  
2 lbs ground beef  
1 medium onion, chopped  
2 eggs  
1/2 bunch finely chopped fresh parsley  
1 T salt  
1 t pepper  
2 t paprika

Bring 1 gallon water to boil in a large stock pot and 3 cups in a small saucepan. When small pot boils rapidly, add rice. Boil for 10 minutes. Drain in a colander and set aside to cool.

Cut core out of cabbage. Place in the large pot of boiling water to parboil, turning the cabbage head as necessary and removing individual leaves with tongs as they loosen. As you remove leaves closer to the center of the cabbage, you may need to hold it with tongs and use a knife to help loosen the smaller leaves. Gather leaves in colander to cool. Using a paring knife, shear off the spine off each leaf to make the leaf an even thickness and thus easier to roll.



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★ POLISH STUFFED CABBAGE CONTINUED ★

In a large mixing bowl, use your God-given kitchen utensils (i.e. your hands) to mix cool rice into ground beef. The rice serves as a binder with the ground beef comprising the bulk of the filling. Add eggs and onion. Add chopped parsley, salt, pepper and paprika. Finally, to ensure moisture in the meat, mix in 3/4 cup sauce.

Preheat oven to 325°.

Center a oblong ball of meat mixture (1/4 - 1/2 cup depending on leaf size) in the base of a leaf. Do not pack meat too tightly! Roll bottom part-way up, fold in sides and continue rolling, similar to how you roll a burrito.

Cover the bottom of a large pot with a ladleful of sauce. Place rolls seam-side down, layering rolls with alternating layers of sauce. Extra bits of cabbage can be tossed into the pot as well. Grandma Molotky also would stuff a few green peppers and cook them along with the cabbage. Top with remaining sauce.

Cook covered in the oven for 1 1/2 hours. Serve with mashed potatoes and a side of sour-cream cucumbers.

Makes approximately 24 rolls.

Serves 6-8.

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