

Stuffed Cabbage

Ingredients

1 medium to large head of cabbage
2 cups of soup stock (either chicken or beef or vegetable)
1 small jar of apricot jam or preserves
3 tbs. Sunflower oil
1 large onion, chopped and browned until golden (in the 3 tbs. of oil)
½ lb of ground beef or ground chicken
1 egg
3 tbs of spicy ketchup
½ cup of cooked rice
a few whole carrots
salt , pepper , several bay leaves , pinch of cinnamon

Preparation

- place the head of cabbage in pot of water with the bay leaves,
- completely covered , bring to a boil , reduce heat , simmer for about 15 min, until the outer leaves softened, gently remove cabbage from pot. Discard the water.
- Cool
- Combine in a mixing bowl : meat, egg , onion, salt , pepper , cooked rice , ketchup ,mix well .
- Set aside
- Place in the pot the soup stock , apricot jam (preserves) , cleaned carrot halves
- salt , pepper , pinch of cinnamon
- once the cabbage cooled , cut of the stem , gently begin to remove the leaves.
- Use the larger ones. Place about a tbs. of the meat / rice mixture (could be more,
- depending on the size of the leaf), roll ,up (envelope style)
- secure with tooth picks , repeat process until the meat is used up.
- Bring the soup stock with the rest of the above mentioned ingredients to a gentle boil , place the cabbage “rolls” side by side and one on top of another (depending on the qty) , the rolls should be immersed in the stock at least half way.
- Simmer gently for about one hour. Baste during the hour.