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by ewfood

Cabbage Rolls

Ingredients

1 whole cabbage
1lb. beef, minced
1 small onion, chopped
3 tsp. dried parsley
1 tsp. dill weed
1 egg
3oz. uncooked white rice
Salt and pepper to taste
1 small can tomato paste
8oz. chopped tomatoes
½ tsp. sugar

Servings
4
Person
Preparation Time
20
min
Cooking Time
1
hr

Preparation

1. In a saucepan bring water to boil and blanch 10 of the largest cabbage leaves for approximately 6 minutes
2. In a bowl combine the mince, onion, herbs, egg, rice and half of the tomato paste. Salt and pepper to taste. Mix this with your hands to combine all the flavours and get a good consistency
3. Divide the meat mixture equally between the cabbage leaves and roll up the cabbage leaf encasing the meat. Secure with a toothpick
4. Shred the rest of the cabbage and layer the shredded cabbage and cabbage rolls in a medium saucepan. Pour water over the rolls so that it just covers the rolls and cook on a high heat until it begins to boil
5. Reduce the heat and season with salt and pepper. Simmer for about 15 minutes
6. Add the diced tomatoes and the remaining tomato paste and simmer for 40 minutes
7. Dish it into bowls and serve.

Cooks Note

Preparation time: 20 minutes; Cooking time: 1 hour; Serves 4