

Stuffed Cabbage Rolls

Serves 7

Stuffing

1 kg mince steak
¾ teacup uncooked rice
2 medium sized onions,
finely chopped
2 beef stock cubes
small bunch parsley, finely
chopped
salt and pepper to taste

Rolls:

medium sized cabbage
½ cup water
3-4 cloves garlic
teacup of oil
juice of two lemons

Mix stuffing ingredients very well and knead together with ½ cup of water. Set aside.

Remove the coarse outside leaves of the cabbage.

With a sharp knife cut around the core and remove it.

Half fill a large saucepan with water and bring to the boil.

Gently lower cabbage into it, cored side down. Scald well (about 5 minutes).

Remove, let cool a little and remove about half the leaves of the cabbage – store the heart. Remove centre vein from leaf and cut in 2 or 3 pieces depending on the size. Stack these on top of each other. Take a piece of the leaf and place one tablespoon of the mixture at the end of it. Roll a little then fold first one end and then the other, and roll away from you, so that the mixture is secured inside the leaf.

Place in a large saucepan some pieces of the cabbage leaf (the veins removed earlier) and 3-4 cloves of garlic. Skins as well. Now place rolls end to end round the saucepan edge until the bottom of the pan is full. Make next row of rolls until the mixture is used.

Dissolve stock cubes in hot water and pour over the rolls. Add a teacup of oil, lemon juice and enough water to cover the rolls.

Place 1-2 saucers over the rolls to stop them unfolding while cooking. Cover. Cook over medium heat about 2-2½ hours or until the sauce is very much reduced and cabbage rolls are cooked.

Source: Elya's Kitchen Delights Zorba's Restaurant, Canberra.