

Jenny's Cabbage Rolls

It's actually pretty easy to make Polish cabbage rolls (golabki) and it's something I learned while helping my dad when he cooked. The stuffing is a breeze and you can add your own spices as well. My favorite way to serve them is the next day, browned in a little olive oil with a bit of reduced fat sour cream.

1 large head of cabbage (about 3 lbs.) – or use 2 smaller heads
1 Tablespoon olive oil
1 cup diced onion
2 cloves garlic, minced
2 large mushrooms, finely diced (1 1/2 cups)
1 lb. ground sirloin
3/4 cup uncooked long grain rice
1/4 cup chopped parsley
1 cup Pomi strained tomatoes or canned tomato puree
1 1/2 teaspoons salt
pepper to taste
3/4 cup liquid (beef stock, cabbage water, or combine with some leftover tomato for 3/4 cup)

1. Bring a large pot of water to boil. Cut center core out of cabbage and place, core side down, in boiling water. Cover and simmer for 10 minutes.
2. While cabbage simmers, heat oil in pan over med-high heat and sauté onion and garlic 3-5 minutes until browned. Add mushrooms and cook another 2 minutes. Transfer mixture to a large bowl to cool.
3. Remove cabbage to a rimmed baking sheet, keeping water in the pot. Gently remove leaves from cabbage, cutting away from the core with a small knife. Set aside the best 16 unbroken leaves and cut off the thick spine in the center for easier rolling. Set all remaining broken or small cabbage leaves aside. (If the core is too firm, return it to boiling water for a few minutes to soften)
4. Preheat oven to 350°.
5. To cooled onion mixture, add meat, rice, parsley, tomato, salt & pepper. Combine well by hand.
6. Place about 1/4 cup of filling in each leaf, roll, and place seam side down in a 13 by 9-inch pan. Pour liquid over rolls and lay some leftover leaves on top. Cover pan tightly with foil, and bake for 1 1/2 hours. (Place pan on a cookie sheet in case it drips)
7. Remove pan from oven and let it rest 30 minutes but cabbage rolls are best after being refrigerated overnight.

*makes 16 to 24