

Grace's

CABBAGE ROLLS

Polish "Golabki"

Makes up
to 24 rolls



Ingredients

1 large cabbage
1kg mince (pork or beef)
1 onion, chopped
Boiled rice (1 cup)
Vegeta
Mixed herbs
Nutmeg
2 eggs

Sauce

Stock cube (vegetable/chicken)
1 can diced or whole tomatoes
Ketchup
Salt and pepper
Mixed herbs (optional)
Tomato paste (optional)
Cream

Method

Boil whole cabbage in salted water for 30 mins, or until half-cooked. Separate leaves of cabbage and remove stems. Put handful of mince in each leaf you want to use. Fold the edges of leaves over the mince and roll. Bigger leaves can be divided into two and broken leaves can be covered with another leaf. Preheat oven to 170C. Brown the rolls in vegetable oil over medium heat (make sure you cover your cooktop with aluminium foil to prevent splatter). Place in a baking dish.

Sauce

Dissolve stock cube in a pot with some boiling water. Add the tinned tomatoes and some ketchup. You may need to add some water depending on how many rolls you have made. Bring to the boil and blend with a stick blender. Add salt, pepper, herbs and tomato paste to taste. For a smoother taste, add cream after the sauce is cooked. Pour one-third of the sauce over your golabki, leaving the rest for serving. Cover with aluminium foil used on your cooktop, Place in the oven and bake for 45 - 60 minutes. Enjoy!



Seeking
God's Grace