

Stuffed Cabbage Leaves (Gołąbki)

From Josh

Our friends Jack and Kelly who lived in Romania for years introduced us to this dish and we make it often. It's really solid comfort food and is easily riffable

INGREDIENTS

1 1/2 cups chopped yellow onions (2 onions)
2 (28-ounce) cans Tomato Puree
1 cup sour cream (optional)
1 large head Savoy or green cabbage, including outer leaves
1 lb ground beef
1 lb ground pork
3 eggs
1/2 cup finely chopped yellow onions
1/2 cup plain dried breadcrumbs
1/2 cup uncooked white rice
1 tablespoon ground caraway seeds
3 tablespoons olive oil
Salt & Pepper to taste

DIRECTIONS

1. For the sauce, heat the olive oil in a large saucepan, add the onions, and cook over medium-low heat for 8 minutes, until the onions are translucent. Add the tomato puree, salt, and pepper. Bring to a boil, then lower the heat and simmer uncovered for 30 minutes, stirring occasionally. Set aside. Meanwhile, prepare the cabbage
2. Remove the entire core of the cabbage with a paring knife. Microwave the head of cabbage in the boiling water for a few minutes, peeling off each leaf with tongs as soon as it's flexible. Set the leaves aside. Depending on the size of each leaf, you will need at least 14 leaves. This can also be done in the microwave by microwaving on high for about 5 minutes and peeling off the layers you can and repeating at 1 minute intervals until you're able to peel off the leaves you need.
3. For the filling, in a large bowl, combine the ground beef, ground pork, eggs, onion, breadcrumbs, rice, caraway seeds, salt, and pepper. Add 1 cup of the sauce to the meat mixture and mix lightly with a fork.
4. Preheat the oven to 350 degrees F. (If using sour cream)
5. Add sour cream to tomato sauce off the heat. Mix until fully incorporated.
6. To assemble, place 1 cup of the sauce in the bottom of a large Dutch oven. Remove the hard triangular rib from the base of each cabbage leaf with a small paring knife. Place 1/3 to 1/2 cup of filling in an oval shape near the rib edge of each leaf and roll up toward the outer edge, tucking the sides in as you roll.
7. Place half the cabbage rolls, seam sides down, over the sauce. Add more sauce and more cabbage rolls alternately until you have placed all the cabbage rolls in the pot. Pour the remaining sauce over the cabbage rolls.
8. Cover the dish tightly with the lid and bake for 1 hour or until the meat is cooked and the rice is tender. Serve hot.