

Cabbage Rolls



Ingredients:

- 1 1/2 cups rice
- 3 cups water
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- 1 large whole cabbage head
- 1 tablespoon cooking oil
- 2 large onions, chopped
- 1/2 pound ground bacon
- 1/2 pound ground pork
- salt & pepper

Preheat oven to 350 degrees F

Rice: In a medium sized pot, combine rice and water. Bring water to a boil; reduce heat, cover and cook for 20 minutes or until all of the water has been absorbed.

Cabbage: Fill a pot with water; place on stove and bring to boil over high heat. With a sharp knife, carefully cut the core out of the cabbage. Place the cabbage head in boiling water and cook for 3 minutes being careful not to overcook. Remove from heat, strain and set aside for a few minutes. Once cabbage leaves have cooled, cut away the thick centre stem from each leaf. Arrange cabbage leaves on cutting board or cooking surface and set aside until filling is prepared.

Filling: Add oil to frying pan. Warm over medium heat and add onion; stir and cook. Once the onion is transparent, remove from heat and let cool. In a mixing bowl, combine onions, pork, bacon, rice. Add a pinch of salt and pepper. Using hands work mixture over until even.



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Assembly: Place a handful of meat on each cabbage leaf. Roll leaves away from you to encase the meat filling. Place the cabbage rolls in a casserole dish or Dutch oven. Cook in oven at 305 degrees F for 1 hour until cabbage is tender and meat is cooked.

Serve with tomato or mushroom sauce.