

DOVES

Ewa Jęderka

PREPARATION TIME: 1 HOUR

STEWING TIME: 1 HOUR 30 MINUTES

NUMBER OF PORTIONS: APPROXIMATELY 17 PIEC



INGREDIENTS:

700 G OF GROUND PORK SHOULDER

HEAD OF CABBAGE - WHITE OR ITALIAN

1.5 CUPS OF BROTH OR POURED BROTH

1 MEDIUM ONION - ABOUT 200 G

SPoon OF VEGETABLE OIL

2 TABLESPOONS OF BREADCRUMBS

2 TABLESPOONS OF TOMATO PUREE OR CONCENTRATE

SPICES: A FLAT TEASPOON OF SALT AND PEPPER



DOVES

MY GLASS HAS A CAPACITY OF 250 ML.

THE VEGETABLES WERE WEIGHED BEFORE ANY PEELING / PREPARATION.

THE CALORIES WERE CALCULATED BASED ON THE INGREDIENTS I USED. SO IT IS AN APPROXIMATE AMOUNT OF CALORIES CALCULATED ON THE BASIS OF THE PRODUCTS I USED IN THE RECIPE. FROM THE GIVEN AMOUNT OF INGREDIENTS, YOU WILL GET ABOUT 17 CABBAGE ROLLS.

BEFORE PREPARING THE CABBAGE ROLLS, I ALSO ENCOURAGE YOU TO READ THE ENTIRE POST FIRST. THE CONTENT CONTAINS A LOT OF INTERESTING ADVICE ON INGREDIENTS AND THEIR SUBSTITUTES. YOU MAY WANT TO USE E.G. CHINESE CABBAGE INSTEAD OF PLAIN WHITE CABBAGE OR ADD RICE TO THE STUFFING. FINALLY, I ALSO DESCRIBE HOW TO MAKE CABBAGE ROLLS OUT OF THE OVEN.

THANKS FOR YOUR
ATENCION