

Cabbage Rolls



Ingredients:

- 1 medium to large head green cabbage (about 3 lb)
- 1 lb ground lean beef
- 1 lb ground pork
- 2 eggs
- 1 small onion, finely chopped
- 1/2 cup bread crumbs
- 1 teaspoon salt
- 1 teaspoon Montreal steak spice
- 1/2 teaspoon pepper
- about 2 tablespoon oil and 2 tbsp butter
- about 2 cups beef broth
- about 1 - 2 tablespoon corn starch

Instructions:

1. Prepare cabbage head by removing the stalk.
2. Cook head in a large pot of boiling, salted water for about 10 minutes until the leaves loosen. Remove leaves. (Use remainder of cabbage for another meal.)
3. Prepare meat mixture by mixing together the beef, pork, eggs, onion, bread crumbs, salt, steak spice and pepper.
4. Put about 1 heaping tablespoon meat mixture on end of cabbage leaf.
5. Roll up tightly, tucking in sides. Fasten with a wooden toothpick.
6. In a large saucepan, over high heat, add oil and butter. In batches, carefully brown cabbage rolls on all sides.
7. When all have been browned, return all cabbage rolls to pan and add beef broth so that the liquid almost covers the rolls.
8. Simmer gently for about 1 hour.
9. Carefully remove cabbage rolls onto a platter, removing the toothpicks. Keep rolls warm while you make the gravy.
10. Mix corn starch with a bit of cold water. Add as much as needed to the liquid in the saucepan until it is the desired consistency.
11. Season with salt and pepper if needed.
12. Serve cabbage rolls with potatoes (boiled or mashed) and a green salad on the side

*Bon
Appétit* 