



Cabbage "Golubtsi" Rolls



Golubsti Ingredients:

- 2 small heads of Cabbage
- ½ cup of Rice
- 2 Tbsp. of Olive oil
- 1 large Onion, chopped
- 1 lb Extra-lean ground beef
- 1 lb Extra-lean ground pork
- 1 bunch of Flat leaf parsley, chopped
- 2 Carrots, grated
- 2 tsp. of Salt
- ½ tsp. of Pepper
- 2-3 Bay leaves

Golubsti Sauce Ingredients

- 1½ cups of Chicken stock
- 1 cup of Crème fraiche or sour cream
- 2 cups of Passata (recipe to follow)

Golubsti Method:

1. Freeze the cabbage 3 days before you need it. The night before defrost cabbage and keep it in the fridge until you are ready.
 2. Cook rice in plenty water the same way you would pasta until al dente, it shouldn't be too soft- about 5 minutes. Drain and set aside.
 3. In a frying pan heat olive oil and cook onions over low heat for 7-10 minutes until tender.
 4. Grate carrots.
 5. In a large bowl, combine beef, pork, parsley, onions, carrots, rice, salt, and pepper.
 6. In a medium bowl whisk together stock, Passata and Crème fraise. Set aside.
 7. Place your head of cabbage on a cutting board, cut off the bottom, and pull the leaves from the stalk. Repeat with the second head of cabbage.
 8. Preheat your oven to 350F/180C.
 9. Clear your work space so all ingredients are within reach. Take a cabbage leaf, put 2 tbsp. of filling at the bottom of the wide part of a leaf, and roll it like a burrito, tucking sides in. Your cabbage rolls will vary in size slightly depending on the size of cabbage leaves. You will have approximately 30-32 cabbage rolls.
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10. Pour a cup of the sauce on the bottom of your cast iron casserole or any other heavy bottom casserole and start stacking your cabbage rolls. Half way through add a couple of bay leaves and continue stacking until all cabbage rolls are gone.
11. Pour the sauce over cabbage rolls, cover with a lid and bake in the oven for 1 hour.
12. Then take the lid off and bake for 30 more minutes.
13. Serve with additional sour cream or Crème fraise.

Passata



Ingredients

- 15 Fully ripened medium to large tomatoes, halved
- 1 Large, finely chopped red onion
- 2 Tbls Olive oil
- 4 Chopped garlic cloves
- 1 Tbls. of finely chopped basil
- 2 tsps. of Sundried tomato paste
- 2 tsps. of Tomato puree
- 1 tsp. Course ground black pepper
- Salt to taste

Method:

1. Place the tomatoes, garlic, basil, and black pepper into a blender and puree.
 2. Using a large frying pan gently fry the red onion in the olive oil until just golden. Add to blender and purée.
 3. Pour the blender contents into your large pan and bring to the boil. Add the sun dried tomato paste and tomato purée and thoroughly mix.
 4. Now gently simmer, stirring frequently for 10 - 15 minutes and reduce until you have the perfect passata.
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