

# Hungarian Cabbage Rolls

Wonderful flavors of ground meat, cabbage, tomatoes, lemon, dill, paprika and allspice come together with gusto in this hearty, old-world, cool weather favorite today. (Give yourself plenty of time as the dish takes 1 hour and 45 minutes to cook.)

I got the inspiration for this dish from a dear friend in Montana. He came from a large family with Hungarian roots and grew up on this food. Of course, their version was made from home-grown cabbage, onions and home-canned tomatoes.

I've added whole wheat rolls and a sassy apple and radish salad to compliment the meal.

**Preparation time:** 3 hours - **Serves:** 4-6

## Prep the Ingredients

### Notes on Organizing

Prep and organize ingredients so they're easy to add when needed. Prep a total of 2 C. of chopped onion: 1-1/4 C. for Hungarian Tomato Sauce and 3/4 C. for the Cabbage Roll Filling. Prep a total of 4 C. of drained sauerkraut: 2 C. in Filling and 2 C. in the bottom of the baking pan.

### Brown Rice

1 Cup brown rice  
2-1/4 Cup water

### Cabbage

2 quarts water for boiling cabbage  
1/2 tsp. salt  
1 large head green cabbage

### Hungarian Tomato Sauce

2 cloves garlic (*smashed*)  
1-1/4 C. onion (chopped)  
1 15-oz. can tomato sauce  
1 15-oz. can no-salt diced tomatoes  
3 T. fresh lemon juice  
2-1/2 T. firm-packed brown sugar  
1 T. paprika  
1/2 tsp. allspice  
1/2 tsp. chipotle chili powder  
2/3 C. low-sodium vegetable broth

### Cabbage Roll Filling

4 C. sauerkraut, (drained and pressed)  
1 lb. Ground Beyond Meat (thawed)  
(or ground beef)  
1 C. cooked rice (from above)  
3/4 C. yellow onion (chopped)  
2 T. fresh dill (chopped)  
(If using dried dill, 1-1/2 tsp.)  
1 egg, whisked  
with  
1/4 C. buttermilk

### Apple, Radish Salad

#### Honey/Mustard Dressing:

2 tsp. good olive oil  
1 tsp. rice wine vinegar  
1/2 tsp. honey  
1/2 tsp. prepared mustard  
1 T. low-sodium vegetable broth

2 Honeycrisp or other tart fall apples (cored, quartered and thin-sliced)  
1 C. radishes (thin-sliced)  
3 T. sliced almonds (toasted)

### Rolls

Whole-grain Artisan Rolls

**BUT FIRST!**

Put 2 quarts salted water on to boil  
for Cabbage

Grownup Kitchen

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

Start by cooking rice. In saucepan, bring rice and water to a boil, then cover and simmer 20 minutes. When done, spoon into a bowl to help cool the rice. **Note:** the filling is made with cooked rice but meat and onions are uncooked. The filling cooks inside the rolls. Assemble salad just before serving.

### Cabbage

1. In a large stockpot or pasta kettle, bring salted water to a boil.
2. Wash cabbage and discard first layer of outside leaves. Grab the cabbage with both hands, holding the stem side down. Firmly smack the stem side of the cabbage on the counter top. Now take a paring knife and remove the loosened stem.
3. Submerge the whole cabbage in the boiling water. Leave submerged in boiling water for about 10 minutes after water returns to a boil.
4. Remove kettle from heat, drain, and let the cabbage cool.

### Hungarian Tomato Sauce

Combine ingredients in a large saucepan, bring to a boil, then reduce heat to low, cover, and cook 10 minutes. Remove from heat.

### Preheat Oven to 350°

### Cabbage Rolls

1. Pour sauerkraut into a strainer. Press with your hands to remove excess liquid. Place 1/2 of the sauerkraut in a large mixing bowl and the remainder in an oiled 9X15 baking dish.
2. Add meat of choice, rice, chopped onion, dill and egg/buttermilk mixture to the sauerkraut in the large bowl. Mix well with your hands. This is the filling for the cabbage rolls.
3. Peel 12-14 large leaves off of the outside of the boiled cabbage head and stack.
4. Chop remaining cabbage and mix with sauerkraut in the baking dish.
5. Lay a large leaf on the counter. Trim away and chop the thick bottom portion of the leaf and add it to the chopped cabbage in the baking dish. Using a 1/4 C. measure, place filling in the center of leaf. Roll cabbage around the filling mixture, tucking in the ends as you go to seal the filling inside.
6. Drizzle 1 C. of the sauce over the chopped cabbage and sauerkraut in the bottom of the dish and arrange cabbage rolls, seam-side-down, over the top of the chopped cabbage/sauerkraut in the bottom of the dish. Continue until you've filled the baking dish or used up the filling.
7. Pour the remainder of the tomato sauce mixture over the cabbage rolls. Cover pan with foil. Bake 1 hr, 45 mins at 350 degrees. Let rest for 15-20 mins before serving.

### Rolls/Apple, Radish Salad/Serve

About 15 minutes before you wish to dine, wrap rolls in foil and place them in the oven as it cools.

#### Apple, Radish Salad:

Mix honey mustard dressing ingredients in a small bowl and set aside.

Using a medium-size bowl, make alternate layers of thin-sliced apple and radishes in bowl until radishes and apples are used up. Layering will keep the thin-sliced radish and apple from sticking to each other. Toss with dressing and top with toasted almonds.

Serve the meal. Place two cabbage rolls and about 1/3 C. of the mixture from the bottom of the baking dish on each plate. Spoon 3/4 C. salad alongside and serve with a warm roll.

Let us know what you think and ask questions you may have. [chezdon@plate6.com](mailto:chezdon@plate6.com)