

A recipe from

DAD'S COOKBOOK



Rating:

Irish Cabbage Rolls

Cabbage is a staple in so many comfort foods from various countries. And often because you can roll such good flavors inside...

*1 lb lean ground beef
½ lb ground pork
1 small white onion, diced
2 eggs, lightly beaten
½ cup dry bread crumbs
1 tsp salt
1 tsp molasses*

*¼ tsp ea ground ginger, allspice and nutmeg
1 large head cabbage, separated into leaves
1 qt boiling water
¼ cup butter
½ cup milk, more as needed
1 tsp cornstarch*

Combine meat and onion in a large bowl. Combine eggs, crumbs, salt, molasses and spices in a medium bowl and mix well. Add to meat mixture and stir to blend.

Heat oven to 375° F. Drop cabbage leaves into boiling water for 3 minutes. Remove with slotted spoon. Retain boiling water. Place about 2 Tbsp meat mixture about 1 inch from stem end of each cabbage leaf. Fold sides in and roll up, fastening with toothpicks if necessary.

Heat butter in large skillet over medium-high heat. Add cabbage rolls, 2-3 at a time, to brown on all sides. Arrange rolls, seam side down, in a single layer in a glass baking dish. Combine ½ cup reserved boiling water with the butter remaining in skillet and pour sauce over rolls. Bake 1 hour.

Carefully drain pan juices into a measuring cup. Return rolls to oven. Add enough milk to pan juices to equal 1 cup. Pour milk mixture in to a small saucepan, stir in cornstarch and bring to a boil, stirring constantly. Once sauce is thickened, pour over cabbage rolls and bake another 15 minutes, or until sauce is browned and cabbage is tender. Serve hot.

Yield: About eight servings

Preparation time: 20 minutes

Cooking time: 1 hour 30 minutes

