



LAZY CABBAGE ROLLS

Ліниві голубці

90 MIN • APPRENTICE • EASTERN EUROPEAN



INGREDIENTS

FOR THE ROLLS

- 700g ground pork (or pork and beef mix)
- 100g dry white rice
- 500 to 600g green cabbage, finely shredded
- 1 large onion (~150g), finely diced
- 1 medium carrot (~100g), grated
- 1 egg
- Salt, pepper, and smoked paprika to taste

FOR THE SAUCE

- 2 to 3 tbsp tomato paste
- 400 to 500ml water or broth
- 40g sour cream (low-fat works well)
- 1 bay leaf, a pinch of sugar, garlic to taste

INSTRUCTIONS

STAGE 1: PREP THE RICE AND VEGETABLES

1. Rinse the rice and pour boiling water over it. Let it sit for 10 minutes, then drain and set aside to cool. The rice should be parboiled but still firm, not soft.
2. Finely dice the onion and grate the carrot. Heat a little oil in a pan over medium heat. Add the onion first and cook for 3 minutes, then add the carrot and cook together for another 4 minutes until softened. Remove from heat and let cool slightly.
3. Finely shred the cabbage and place it in a large bowl. Sprinkle with a little salt and knead with your hands for 1 to 2 minutes until it softens slightly and releases some liquid.

STAGE 2: MIX AND SHAPE

1. In a large bowl, combine the ground meat, parboiled rice, half of the sautéed onion and carrot, the shredded cabbage, the egg, salt, pepper, and paprika. Mix well with your hands until everything is evenly distributed.
2. Shape the mixture into round patties or oval rolls, about the size of a golf ball. Do not make them too large or the inside will not cook through evenly.

STAGE 3: MAKE THE SAUCE AND BAKE

1. In a jug, mix together the tomato paste, water or broth, sour cream, a pinch of sugar, and garlic. Pour over the dish until the liquid reaches about halfway up the rolls. Add the bay leaf.
2. Cover tightly with foil and bake at 325°F (160°C) with convection, or 350°F (180°C) without, for 45 to 50 minutes. In the last 10 minutes, remove the foil and let the tops crisp up slightly for a little extra texture. The rolls are ready when a skewer slides in easily and the juices run clear. Internal temperature of the meat should reach 160°F (71°C).
3. Remove from the oven and let rest for 10 minutes before serving. The sauce will thicken slightly and the flavours will settle. Serve with a spoonful of sour cream on the side, and fresh dill or parsley if you have some.

NUTRITIONAL VALUE

Per serving (approx. 250g, based on 8 servings):

~280 kcal

CALORIES

12g

TOTAL FAT

18g

CARBOHYDRATES

21g

PROTEIN



LANTERN KITCHEN STORIES