

Polish Stuffed Cabbage - Gołąbki

Ingredients:

- 1 whole head cabbage
- 1 large onion, chopped
- 2 tablespoons butter
- 1 pound ground beef
- 1/2 pound ground pork
- 1 1/2 cups cooked rice
- 1 teaspoon finely chopped garlic
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup beef stock
- Sour cream



Preparation:

1. Heat oven to 350 degrees.
2. Remove core from cabbage. Place whole head in a large pot filled with boiling, salted water. Cover and cook 3 minutes, or until softened enough to pull off individual leaves. You will need about 18 leaves.
3. When leaves are cool enough to handle, use a knife to cut away the thick center stem from each leaf, without cutting all the way through.
4. Chop the remaining cabbage and place it in the bottom of a casserole dish or Dutch oven.
5. Sauté the chopped onion in butter in a large frying pan until tender, and let it cool.
6. Mix cooled onions with beef, pork, rice, garlic, salt and black pepper until well combined. Don't overmix or the meat will become tough.
7. Place about 1/2 cup of meat on each cabbage leaf. Roll away from you to encase the meat. Flip the right side of the leaf to the middle, then flip the left side. You will have something that looks like an envelope. Once again, roll away from you to create a neat little roll.
8. Place the cabbage rolls on top of the chopped cabbage in the casserole dish or Dutch oven, seasoning each layer with salt and pepper. Pour beef stock over rolls, cover and place in oven. Bake for 1 hour or until cabbage is tender and meat is cooked.
9. Serve with pan juices and a drizzle of sour cream, or mix the pan juices with sour cream and ladle it over the cabbage rolls.

Pierogis

Dough

3 eggs

1 sour cream

3 cups of flour

¼ teaspoon of salt

1 teaspoon of baking powder

Sauerkraut filling:

2 teaspoons of butter

1/3 cup of chopped onion

1 ½ cup of sauerkraut drained and minced
salt, pepper to taste

Potato filling

3 tablespoons of butter

½ cup of chopped onion

2 cups of cold mashed potatoes

salt and pepper to taste



Directions

1. To prepare the sauerkraut filling, melt the butter in a skillet over medium heat. Stir in the onion, and cook until translucent, about 5 minutes. Add the drained sauerkraut and cook for an additional 5 minutes. Season to taste with salt and pepper, then remove to a plate to cool.
2. For the mashed potato filling, melt the butter in a skillet over medium heat. Stir in the onion, and cook until translucent, about 5 minutes. Stir into the mashed potatoes, and season with salt and white pepper.
3. To make the dough, beat together the eggs and sour cream until smooth. Sift together the flour, salt, and baking powder; stir into the sour cream mixture until dough comes together. Knead the dough on a lightly floured surface until firm and smooth. Divide the dough in half, then roll out one half to 1/8 inch thickness. Cut into 3 inch rounds using a biscuit cutter.
4. Place a small spoonful of the mashed potato filling into the center of each round. Moisten the edges with water, fold over, and press together with a fork to seal. Repeat procedure with the remaining dough and the sauerkraut filling.
5. Bring a large pot of lightly salted water to a boil. Add pierogis and cook for 3 to 5 minutes or until pierogi float to the top. Remove with a slotted spoon.

Hot borsch soup

1 kg beetroot, roughly chopped (reserve 200g of the beetroot for roasting)

- 2 tsp butter
- 200 g carrots, roughly chopped
- 8 shallots, roughly chopped
- 1 stick celery
- 2 cloves garlic, chopped
- 1 bay leaf
- 2 tsp caraway seeds
- 2 litres beef stock, preferably home-made
- ½ lime, juice only
- black pepper
- crème fraîche, to serve



1. Preheat the oven to 200C, and roast the beetroot in foil for 40 minutes, or until soft. Remove the skin and cut into cubes.

2. Heat the butter in a saucepan and fry the carrots, shallots and celery until soft, then put in a large saucepan with the bay leaf and caraway seeds. Pour in the stock and bring to a rapid boil.

3. Reduce the heat to a simmer, season well and cook for about 40 minutes, or until the vegetables are tender. Cool slightly.

4. Remove the bay leaf, pour the soup into a food processor or blender and liquidise until smooth.

5. Push the soup through a sieve set over the rinsed-out saucepan. And check the seasoning.

6. Fold in the reserved beetroot cubes and sharpen with lime juice just before serving. Add a dollop of crème fraîche and serve.