



Veal Cabbage Rolls

This recipe makes about 20 cabbage rolls of varying sizes – the outside leaves make bigger rolls than the inner – which is quite a lot, but once you’ve started to unwind the cabbage you might as well finish it off and freeze any extras.

800 grams veal mince
1 ½ cups rice
2 large onions finely chopped
4 or 5 cloves garlic chopped
250 grams mushrooms finely chopped
Olive oil
2 eggs lightly beaten
Juice of a lemon
Salt and pepper
1 cabbage – Savoy or white
1 litre stock – chicken or beef
1 tub tomato paste

Sauté the mushrooms in the olive oil. Parboil the rice and put in a large bowl. Add the onions, garlic and mushrooms and when cooled add the minced veal, eggs, lemon juice and salt and pepper and mix energetically with your hands – taste for seasoning.

Put the cabbage in a large pot, add hot water to nearly cover, bring to the boil and simmer covered for just a few minutes. Take out the cabbage and start to cut the leaves off one by one from the base. You will probably need to return the cabbage to the pot once or twice to further soften the inner leaves. Turn each leaf over and slice off the back of the thickest part of the centre rib to near level with the leaf.

Place a leaf flat on the bench or sink put a spoonful (heaped tablespoon for outer leaves, dessertspoon for inner) of the filling on the lower edge, roll over the bottom edge to cover the filling, fold in the sides and roll it into a neat parcel. Place seam side down in a deep pot and continue with the rest of the leaves and filling, packing them in firmly in layers. If you have any cabbage left over pack it over the top of the rolls in the pot.

Mix the tomato paste with the seasoned stock and add to the pot, level with the top of the rolls. Bake in a slow to moderate oven for 2-3 hours. Because the rice

will continue to absorb moisture you will finish up with a small but adequate amount of sauce.