

URBAN DELI COOKING CLASS

Italian Cabbage Rolls

Recipe by: Bob McVicar

INGREDIENTS:

- 3 large whole cabbages

FILLING:

5 lbs lean ground beef	2 tbsp dry basil
1 cup whole grain rice	1 tbsp chili powder
3 fresh eggs	½ tsp cayenne powder
2 tins tomato paste	2 tsp kosher salt
6 cloves mashed fresh garlic	1 tsp fresh ground black pepper
2 tbsp dry oregano	2 white onions

SAUCE:

1 cup virgin olive oil	2 tbsp dry marjoram
8 cloves garlic	Kosher salt and fresh ground pepper
2 x 28 oz tins of canned tomatoes	2 cans tomato paste

DIRECTIONS

Begin by removing the core/stem of each cabbage and then placing each cabbage in individual pots of boiling salted water

- As the cabbage cooks remove leaves several at a time
 - Trim off the thickness of the spine in each leaf
 - Set the leaves aside
- As the cabbage is cooking, cook the rice until it is approx half done and set it aside to cool
 - Combine all the ingredients of the filling in a large mixing bowl.
 - Once the rice is cooled at room temperature, mix the rice thoroughly into the filling mixture.
 - Begin forming the cabbage rolls by using a hand full of filling mixture so that it is approx. 3" long and 1.5" thick. Then wrap the formed filling in a cabbage leaf. Place the mixture at the thick end of the leaf, folding in the sides of the leaf and roll to the other end of the leaf.
 - Place the cabbage roll in a large roasting pan. Coat the pans bottom with olive oil to prevent sticking.

SAUCE:

- Sautee the crushed garlic in the olive oil until golden.
- Add the tomatoes, marjoram, salt and pepper and simmer for 15 minutes.
- Add tomato paste, stir and simmer another 5 minutes.
- Pour the sauce over the cabbage rolls and place in oven at 350 for approx 2.5 hours COVERED.
- Uncover and cook another 15 minutes.
- Remove from oven and serve.