

German Cabbage Rolls

1 head	<i>white or savoy cabbage</i>	Boil cabbage in salt water for about five to ten minutes. Rinse with cold water and carefully remove individual leaves. If necessary, return cabbage to boiling water in order to soften leaves.
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¾ lbs	<i>ground pork</i>	
¾ lbs	<i>ground beef</i>	
1	<i>egg</i>	
½ cup	<i>medium grain rice</i>	Cook medium grain rice with one cup of water for about 10 minutes. Combine with meat, egg, mustard, herbs and spices.
2 tbsp	<i>honey dijon mustard</i>	
1 cup	<i>chopped marjoram, thyme & parsley</i>	
1 tbsp	<i>red paprika</i>	Add one to two tablespoons of stuffing per cabbage leaf, and then roll up tightly, folding over the sides. Makes about one dozen rolls. Chop unused cabbage very coarsely.
1 tsp	<i>caraway seeds</i>	
1 tsp	<i>salt</i>	
1 tsp	<i>cracked black pepper</i>	
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1 tbsp	<i>olive oil</i>	In a deep pan, render fat from bacon. Then add cabbage rolls to pan, and fry at high heat for ten minutes. Carefully turn rolls over, cover with minced garlic, diced shallots, tomatoes, and remaining cabbage. Fry for another five minutes.
1 cup	<i>chopped bacon</i>	
3 cloves	<i>garlic</i>	
1 cup	<i>diced shallots</i>	
3	<i>diced tomatoes</i>	
1 cup	<i>white wine</i>	Add white wine and chicken broth, reduce heat, and simmer for about one hour.
14 fl oz	<i>chicken broth</i>	
1 tbsp	<i>corn starch</i>	Remove rolls from pan, thicken gravy with corn starch, add heavy cream, season with salt and pepper
½ cup	<i>heavy cream</i>	
to taste, and pour over cabbage rolls. Serve with mashed potatoes.		

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For a vegan version of cabbage rolls, substitute the meat with a blend of beluga lentils, chickpeas, and shredded marinated tofu. Omit the egg. Add porcini powder and nutritional yeast to build up flavor. Increase all the spice quantities. Pre-cook the filling in a skillet.

Omit bacon. Substitute vegetable broth for the chicken broth. Blend silken tofu with soy milk to substitute for the heavy cream.

Serves four