

# Cooking Live

*with Gosia*

## Gołąbki

(Stuffed Cabbage Rolls)

**Makes Approximately 25 Gołąbki**

### Ingredients:

2 large heads of green cabbage  
2 cups uncooked rice (prepared according to package directions)  
3 medium onions, chopped (divided use)  
3 cloves garlic, minced (optional)  
3 eggs, beaten  
3 lb. ground beef, or ground pork, or ground chicken (or any combination)  
1 quart chicken stock  
1 quart beef stock  
3 tablespoons flour (mixed with water to thicken tomato sauce)  
Salt, pepper  
2 cans tomato paste  
Cooking oil or butter  
Water for gently boiling the cabbage

### Steps:

1. Preheat oven to 375 degrees F.
2. Carefully cut around the core of the cabbage. Place the heads of cabbage in a large pot of gently boiling water. Gently boil cabbage for 5 minutes, or until outer leaves are pliable, removing them as they release (and repeat with remaining leaves). Drain the leaves and allow to cool completely. Use a knife to remove the thick outer vein from the leaves so they are easier to fold/roll later.
3. Sauté onions (and garlic if using) in oil for butter until soft.
4. In a separate large bowl, combine the ground meat, rice, 3/4 of the sautéed onions, eggs, salt and pepper, and mix well.
5. Place a small amount of mixture, about the size of your palm, into the center of a cabbage leaf and fold leaf over, tucking in the sides of the leaf to keep meat mixture inside and "rolling" the cabbage to form a gołąbek (singular of Gołąbki). Repeat with remaining leaves and filling.
6. Place the stuffed cabbage into aluminum chaffing dish, pour in chicken stock and beef stock, cover with aluminum foil and bake for about an hour.
7. Pour juice left over from baking the Gołąbki into a pot. Add remaining 1/4 of the sautéed onions and tomato paste. Bring to a boil, reduce to a simmer, and thicken with the flour & water mixture. Add salt and pepper to taste. Simmer for another few minutes. Pour over Gołąbki and serve\*.

\*You can pour sauce over Gołąbki, cover and return to oven for about 15 minutes to add flavor.

**Courtesy of**



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