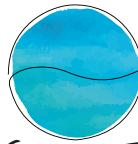




in
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Our Common Table
NEW CHESAPEAKE
KITCHEN
with John Shields

STUFFED CABBAGE ROLLS (GALUMPKIS)

Makes About One Dozen Rolls

We'd like to give a hardy shout out to Tyler Florence for this great recipe for a Kraut Fest favorite.

INGREDIENTS

Sweet and Sour Tomato Sauce:

- 2 tablespoons extra-virgin olive oil
- 2 garlic cloves, smashed
- 1 ½ quarts crushed tomatoes
- 2 tablespoons white wine vinegar
- 1 tablespoon sugar
- Kosher salt and freshly ground black pepper

DIRECTIONS

Sweet and Sour Tomato Sauce:

- 1 Coat a 3-quart saucepan with the oil and place over medium heat. Add the garlic and sauté for 1 minute. Add the tomatoes and cook, stirring occasionally, for 5 minutes. Add the vinegar and sugar; simmer, until the sauce thickens, about 5 minutes. Season with salt and pepper and remove from the heat.

(Cont.)



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STUFFED CABBAGE ROLLS (GALUMPKIS) (CONT.)

INGREDIENTS

Cabbage Rolls:

- 2 tablespoons extra-virgin olive oil
- 1 yellow onion, chopped
- 2 garlic cloves, minced
- 2 tablespoons tomato paste
- Splash dry red wine
- 2 tablespoons chopped fresh flat-leaf parsley
- 1 pound ground beef
- 1 pound ground pork
- 1 large egg
- 1½ cups steamed white rice
- Kosher salt and freshly ground black pepper
- 2 large heads green cabbage, about 3 pounds each

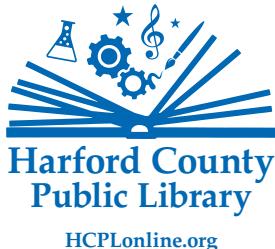
DIRECTIONS

Cabbage Rolls:

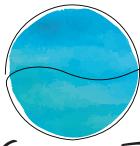
- 1** Preheat the oven to 350° F.
- 2** Place a skillet over medium heat and coat with 2 tablespoons of the olive oil. Sauté the onion and garlic for about 5 minutes, until soft. Stir in the tomato paste, a splash of wine, parsley, and ½ cup of the prepared sweet and sour tomato sauce, mix to incorporate and then take it off the heat.
- 3** Combine the ground meat in a large mixing bowl. Add the egg, the cooked rice, and the sautéed onion mixture. Toss the filling together with your hands to combine, season with a generous amount of salt and pepper.
- 4** Blanch the cabbage leaves in the pot of boiling water for 5 minutes, or until pliable. Run the leaves under cool water then lay them out so you can assess just how many blankets you have to wrap up the filling.
- 5** Next, carefully cut out the center vein from the leaves so they will be easier to roll up. Take the reserved big outer leaves and lay them on the bottom of a casserole pan, let part of the leaves hang out the sides of the pan. This insulation will prevent the cabbage rolls from burning on the bottom when baked. Use all the good looking leaves to make the cabbage rolls.
(Cont.)



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STUFFED CABBAGE ROLLS (GALUMPKIS) (CONT.)

- 6** | Put about $\frac{1}{2}$ cup of the meat filling in the center of the cabbage and starting at what was the stem-end, fold the sides in and roll up the cabbage to enclose the filling. Place the cabbage rolls side by side in rows, seam-side down, in a casserole pan.
- 7** | Pour the remaining sweet and sour tomato sauce over the cabbage rolls. Fold the hanging leaves over the top to enclose and keep the moisture in. Drizzle the top with the remaining 2 tablespoons of olive oil. Bake for 1 hour until the meat is cooked.