



CANADIAN (MENNONITE)

Mennonite Cabbage Rolls (Holubschi)

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	6	40 min	1 hr 30 min	Bake	Ground beef

Ingredients

- 500 g (1 lb) ground beef, 85/15
 - 1 large green cabbage, about 1.5 kg (3 lb)
 - 150 g (¾ cup) long-grain white rice, rinsed
 - 1 onion, finely chopped
 - 1 tbsp butter
 - 1 egg
 - 1½ tsp salt
 - ½ tsp black pepper
 - 1 tbsp chopped fresh dill (or 1 tsp dried)
- SAUCE**
- 680 ml (2¾ cups) tomato juice or passata
 - 1 tbsp brown sugar
 - 1 tbsp cider vinegar
 - 125 ml (½ cup) sour cream, to serve

Steps

1. Cut the core out of the cabbage. Lower it into a large pot of boiling water for 3 to 4 minutes and peel off the outer leaves as they soften, returning the head to the water as needed. You want about 16 leaves.
2. Shave down the thick rib on the back of each leaf with a paring knife so it rolls easily.
3. Cook the rice in boiling salted water for 8 minutes; it should still be firm. Drain and cool. Soften the onion in the butter over medium heat for 5 minutes.
4. Mix the beef, rice, onion, egg, salt, pepper and dill by hand until just combined.
5. Heat the oven to 175°C (350°F). Chop the leftover cabbage and spread it in a large baking dish.
6. Put 2 heaped tablespoons of filling near the stem end of each leaf, fold in the sides and roll up snugly. Lay the rolls seam side down in the dish.
7. Stir the tomato juice, sugar and vinegar together and pour over the rolls.
8. Cover tightly and bake for 1½ hours, until the cabbage is very tender and the filling is cooked through, 71°C (160°F) in the centre.
9. Rest 10 minutes, then serve with sour cream spooned over.

Notes

- **Make ahead:** they reheat beautifully to steaming hot, 74°C (165°F), and many families bake a double batch and freeze half for up to 3 months; thaw overnight.
- **Easier leaves:** freeze the whole cabbage overnight and thaw it; the leaves come off soft without boiling.
- **Serving:** Mennonite tables pair them with farmer sausage, mashed potatoes or fresh bread.