



CS Halupki

(Ukrainian “little pigeons” - stuffed cabbage leaves)

Prep: 45 min **Cook:** 2 hrs 45 min **Total:** 3 hrs 30 mins

Servess: 4 **Source:** adapted from *Allrecipes* Fallon O'Donnell

PDF: CS-Halupki.pdf

Ingredients:

1 lg head Green Cabbage, cored
¼ t Celtic Sea Salt
1½ lbs lean ground Beef
1½ lbs ground Pork
1½ c cooked Jasmine Rice or Basmati Rice
2 med Carrots, shredded
1 c finely chopped Onion
2 T chopped fresh Parsley
2 lg Eggs, slightly beaten
1 T Garlic Powder
½ t ground Allspice
2 lg cloves Garlic, diced
2 T fresh Dill, chopped
2 t Celtic Sea Salt
½ t fresh ground Tellicherry Black Pepper
28 oz Tomato Sauce, Classico Traditional or 365 Organic Pasta or Barilla Tomato Basil,
¼ c White Vinegar
2 ⅔ T White Sugar

Directions:

Place the cabbage in a stockpot with enough water to cover. Add ¼ teaspoon salt to the water and cabbage. Bring water to a boil over medium-high heat. Turn cabbage every 2-3 minutes and remove leaves that separate from cabbage and place in a strainer to cool. Boil until all the leaves have cooked, about 15 minutes. Reserve 1½ cups of cabbage water.

Preheat the oven to 350° F.

In a large bowl thoroughly mix together, ground beef, ground pork, cooled rice, carrots, chopped onion, fresh parsley, egg, garlic powder, garlic cloves, dill, allspice, salt, and pepper. Lightly pack a small amount of meat mixture and place in the center of the cabbage leaf. Fold sides over the filling and start at the stem and roll the cabbage up until the meat is encased. Repeat with remaining leaves and filling.

Cut the leftover leaves into pieces and place into the bottom of a roasting pan. Layer the stuffed cabbage rolls over the cut leaves.

In a bowl, mix the tomato sauce, reserved cabbage water, white vinegar, and white sugar. Pour the tomato sauce mixture over the cabbage rolls.

Cover roasting pan with aluminum foil. Bake in preheated oven until the ground beef mixture is no longer pink in the center, about 2½ hours. Baste stuffed cabbage rolls every hour.