

Stuffed Cabbage

A Middle-European staple, stuffed cabbage is memorably aromatic and delicious. It is more delicious the day after it is made.

	6	12	20	50
large white cabbages	1	2	4	8
salt pork, chopped	¼ lb	½ lb	¾ lb	2¼ lbs
medium onions, chopped	½ c	1 c	1¾ c	3¼ c
garlic gloves, chopped	1	2	4	9
dried thyme	½ tsp	1 tsp	2 tsp	4 tsp
cooked rice*	1 c	2 c	5 c	8 c
ground lean pork	1 lb	2 lbs	4 lbs	8 lbs
chicken livers	2	4	8 (about ½ lb)	16 (about 1 lb)
eggs	1	2	4	8
salt and freshly ground black pepper		(season to taste)		
fresh dill weed, chopped	1 tsp	2 tsp	4 tsp	8 tsp
fresh parsley, chopped	2 tsp	4 tsp	7 tsp	3 tbs
bacon fat or oil	2 tbs	4 tbs	7 tbs	¾ c
carrots, peeled and chopped	½ c	1 c	1¾ c	4 c
bay leaves	½	1	2	4
medium onions, finely chopped	½ c	1 c	2 c	5 c
canned Italian plum tomatoes	2 c	4 c	6 c	4 35-oz cans
			(about 2 35-oz cans)	
sauerkraut	1 c	2 c	4 c	8 c

Garnish

sour cream

* One cup of raw rice yields three cups of cooked rice.

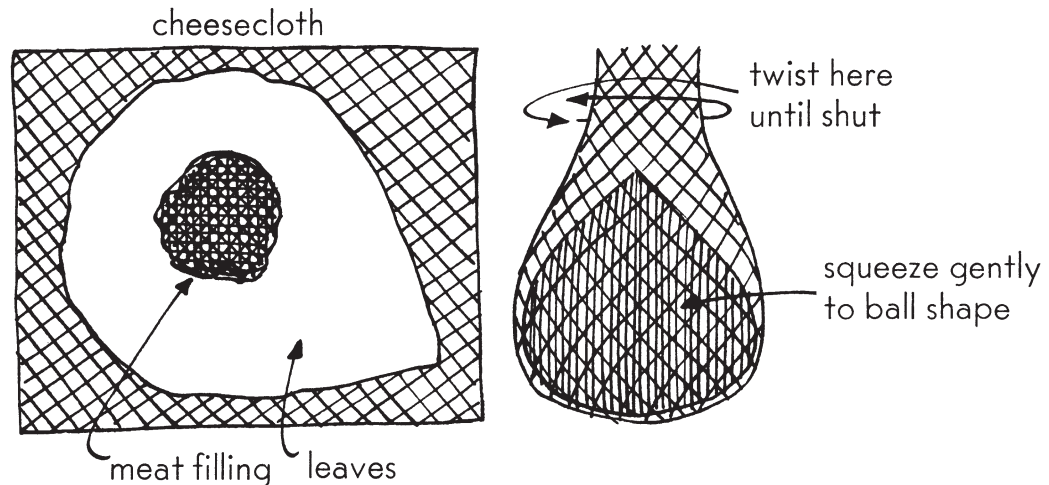
You will need a piece of cheesecloth doubled to 12 inches by 12 inches.

Pull the tough outer leaves off the cabbage. Remove the tough core. Drop the cabbage into boiling water and let it cook for about 5 minutes, or until the leaves separate easily. Invert the cabbage in a colander to cool and drain.

Cook the chopped salt pork in a skillet until rendered of fat. Remove and discard the solid pieces. Add the chopped onion and garlic and cook until wilted. Add the thyme and rice and stir to blend.

Put the pork in a large bowl, add the rice mixture, and stir lightly. Finely chop the chicken livers and add them to the pork mixture. Mix in the eggs, salt, pepper, dill, and parsley.

Separate the leaves of the cabbage and pat dry, then make a V-shaped cut at the base of each leaf. Rinse out a large square of cheesecloth in cold water, then squeeze dry and place on a flat surface. Place a large leaf in the center of the cloth, curly edge up. Put a smaller leaf in the center of the first leaf and spoon 1 or 2 tablespoons of filling into its center. Bring the four corners of cheesecloth together and twist, shaping the leaves into a compact round. Remove the ball from the cloth and set aside. Repeat until the filling is used up.



Preheat the oven to 400°.

Heat the bacon fat in a skillet, add the chopped carrots, bay leaves, and chopped onion, and cook until the onion is wilted. Add the canned tomatoes, then sprinkle with salt and pepper and stir in the sauerkraut. Scrape this sauce out of the skillet and into a heavy roasting pan.

Arrange the stuffed cabbage in a neat pattern all over the sauerkraut sauce, then cover with aluminum foil. [For large amounts, use heavy-duty foil roaster pans.] Bake for 1 to 1½ hours, or refrigerate and bake before serving the next day. Serve with sour cream.

