

KOHLROULADEN / KRAUTWICKEL - GERMAN CABBAGE ROLLS

INGREDIENTS

1 1/2 pounds cabbage
1 pound hamburger
1 egg
1/3 cup bread crumbs
1/2 teaspoon paprika
1/2 teaspoon salt
1/2 teaspoon herbs de Provence
Freshly ground pepper
3-4 tablespoons vegetable oil
1/2 cup beef broth
1 tablespoon cornstarch mixed with 1/4 cup cold water

DIRECTIONS

Peel any old or discolored leaves from the outside of the head of cabbage. Using a sharp knife, cut the stem out of the cabbage, leaving a cone-shaped hole. Place the cabbage head in a large pot and fill the pot with water to cover or almost cover the cabbage. Add a teaspoon or two of salt. Bring the pot to a boil and let cabbage simmer for 8-10 minutes. Remove from heat and let the cabbage sit for several more minutes. Peel the outer leaves off, placing them on paper towels one by one and drain the water from them. If, after you remove several leaves, the rest are sticking together, put the rest of the cabbage back in the hot water for a few minutes and try again.

Mix the hamburger with the egg, bread crumbs, paprika, salt, herbs de Provence and pepper until well blended. Form ten approximately 2 inch meatballs using about 1/4 cup meat mixture each.

Lay out a cabbage leaf and cut out the thickest vein (only 1/3 to 2/3 of the way up the leaf) as necessary so you can roll the leaf. Place a meat roll in the thinner, cupped portion of the leaf, and fold the roll on three sides, then roll to the thickest part (like a burrito).

Heat vegetable oil in a large, high-sided sauté pan (one that will hopefully fit all 10 rolls; alternatively, you can do batches). Brown the cabbage rolls on medium heat on all sides until golden brown. Turn the heat to low and continue cooking rolls for an additional 10-15 minutes, turning frequently so they do not burn. Remove rolls from pan to a bowl or platter and keep warm (tent with foil or put into a low/warm oven).

Deglaze the pan with the beef broth (make sure the scrape the bottom to get all the brown goodness) and bring to a boil. Add the cornstarch and water mixture to the beef broth and bring to a boil again, stirring constantly, until thickened. Pour over cabbage rolls.

Serve with boiled potatoes or mashed potatoes.