



@Nonna.Elda.Cooks

Cabbage Rolls

SERVINGS: 30 ROLLS

PREPPING TIME: 2 HOURS

COOKING TIME: 40 MIN

Ingredients

2 Savoy Cabbages	0.5 cup long grain white rice
2 cloves garlic	0.5 cup long grain brown rice
1 tbsp cooking oil	0.5 cup Arborio rice
300 grams ground pork	2 egg yolks
300 grams ground beef	2 cups parmigiano cheese
1/2 cup white wine	2 cups shredded mozzarella
Salt, Pepper, chili flakes	3 tbsp Italian breadcrumbs
Basil & Parsley handful	
5 cups tomato sauce	

Directions

1. peel the savoy cabbage, about 20 of the biggest leaves
2. boil the cabbage leaves two minutes, flip, boil 2 more min
3. Pull the leaves out and lay flat on pizza tray to cool off
4. In a large frying pan, fry garlic, then meat, then add wine. Let the wine evaporate
5. Season with salt, pepper, chili flakes, basil & parsley to your taste. Add 2 cups tomato sauce.
6. Rinse all the different kinds of rice thoroughly
7. Boil the rice for about 10 minutes, then strain.
8. Add the rice to the meat, then add 2 egg yolks, 1 1/2 cup parmigiano cheese, mozzarella, and bread crumbs, mix until sticky.
9. Assemble cabbage rolls (see next page for diagram.)
10. Either place in bag and freeze for up to one month, or put in baking tray, cover with remaining sauce and parmigiano, and bake at 450 for 40 minutes and serve



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