



## JERNEJ KITCHEN

# STUFFED CABBAGE ROLLS (SARMA)

*Stuffed Cabbage Rolls or Sarma is a beautiful Balkan main dish with ground beef, rice, sauerkraut, and sauce. Perfect family meal for cold days.*

SERVES	6	PEOPLE
PREPARATION:	30	MINUTES
COOK:	3	HOURS
TOTAL TIME:	3 1/2	HOURS

### STUFFED CABBAGE ROLLS

- 2 tbsp vegetable oil
- 1 onion
- 2 tbsp pancetta, thinly chopped
- 1 garlic clove, diced
- 1 tsp mixture (dried parsley, garlic powder, onion powder, dried thyme, bay leaf)
- 120 g (1/2 cup) long grain rice, uncooked
- 180 ml (2/3 cup) water
- 600 g (1.4 pounds) ground beef
- 1 tbsp fresh parsley, diced
- 1 egg
- 1 1/2 tsp salt
- 1 large sour cabbage head (2 kg or 4 pounds)
- 450 g (1 pound) slab of smoked bacon

### ROUX

- 3 tbsp canola oil
- 2 tbsp all-purpose flour

### RICE AND SPICES

Place a pan over medium heat. Add oil, diced onion, and chopped pancetta. Cook for 6 minutes for the ingredients to soften. Add minced garlic, spices, and rice. Cook for 1 - 2 minutes. Pour in the water and cook for 5 minutes for the rice to cook slightly. Set aside to cool.

### MEAT MIXTURE

Add meat, rice mixture, parsley, egg, salt, and pepper to a bowl. Knead into a smooth mixture. Clean sixteen cabbage leaves. With a knife, remove the tough ribs without damaging the cabbage leaves. Set the ribs aside. Add two tablespoons of meat filling to the bottom of each cabbage leaf. Fold the bottom of the cabbage leaf over the meat. Fold the sides to the center and roll away from yourself as if you were making enchiladas. Repeat until you use all the ingredients.

### ADD TO A POT

Grate the rest of the sauerkraut and finely chop the remaining ribs. Add half of the remaining chopped ribs to the bottom of a large pot. Add half of the cabbage rolls in a single layer, seam-side down. Leave a bit of space between the rolls. Spread the rest of the cabbage ribs and half of the sauerkraut over the sarma. Add the slab of bacon and arrange the rest of the sarma on top. Spread the rest of the sauerkraut on top.

### COOK

Pour water into the pot with cabbage rolls until the water is a little over the cabbage rolls, approximately one liter and a half (6 cups). Place the pot over medium heat and bring it to a boil. Cover with a lid and simmer for two and a half hours.

1 tsp paprika powder (BAM Spices)

1/2 tsp tomato paste

#### TOOLS AND EQUIPEMENT

pan

kitchen knife

bowl

grater

pot

#### ADD ROUX AND COOK

Place a pan over medium heat. Add oil and the flour and cook for 1 - 2 minutes for the flour to cook. Reduce the heat and add paprika powder and tomato paste. Cook for another minute. Remove from the heat. Add 360ml (1 1/2 cup) cabbage rolls cooking liquid. Whisk to get a smooth mixture and pour back into the pot with the cabbage rolls. Gently shake the pot, cover it with a lid and cook for 30 - 45 minutes or until the cabbage rolls are soft and cooked.

#### SERVE

Divide the Sarma between six plates, and serve with [mashed potatoes](#) or cooked potatoes.